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Oxygen in aeroplanes should be free as air

Lung disease sufferer campaigns to stop airlines charging for gas

BY LAURA HANNAM

laura.hannam@mk-news.co.uk

A MAN who suffers from lung disease is campaigning to stop airlines charging passengers who need to use oxygen when travelling.

John Mugford, from Emerson Valley, has enlisted the help of local MP Dr Phyllis Starkey to petition airline companies to stop preventing passengers from bringing their own oxygen cylinders on to planes and charging hundreds of pounds extra for them to use the oxygen that the airline provides.

Mr Mugford, who suffers from emphysema caused by a rare genetic condition known as Alpha-1 Antitrypsin Deficiency, said he has been charged £200 previously by two airlines for the use of oxygen during two hour flights to Poland.

He has added his voice to The British Lung Foundation's 'Oxygen on Planes' campaign, which is encouraging other airlines to follow the example now being set by Thomson, British Airways and Virgin Atlantic in ensuring that people with a lung condition do not have to pay extra.

Mr Mugford said: "It is difficult enough living with lung conditions requiring supplementary oxygen without having additional stress of dealing with airlines that clearly do not have adequate policies and procedures in place to support passengers with this disability.

"To refuse patients the right to carry medical equipment that has been certi-

fied as safe, and then to charge large sums for alternative provision, is outrageous.

"I hope that ministers will respond positively to end this blatant discrimination by some airlines against disabled passengers."

A recent survey conducted by the Pulmonary Hypertension Association discovered that two thirds of the 71 airlines included would not allow passengers to bring their own oxygen for use in-flight, less than a quarter of airlines supplied free supplemental oxygen and a quarter of airlines did not supply supplementary oxygen at all.

Dr Starkey, MP for Milton Keynes South West, said: "It is outrageous that airline companies can charge an extra £50 to £500 to passengers who have breathing difficulties, even if they bring their own oxygen source.

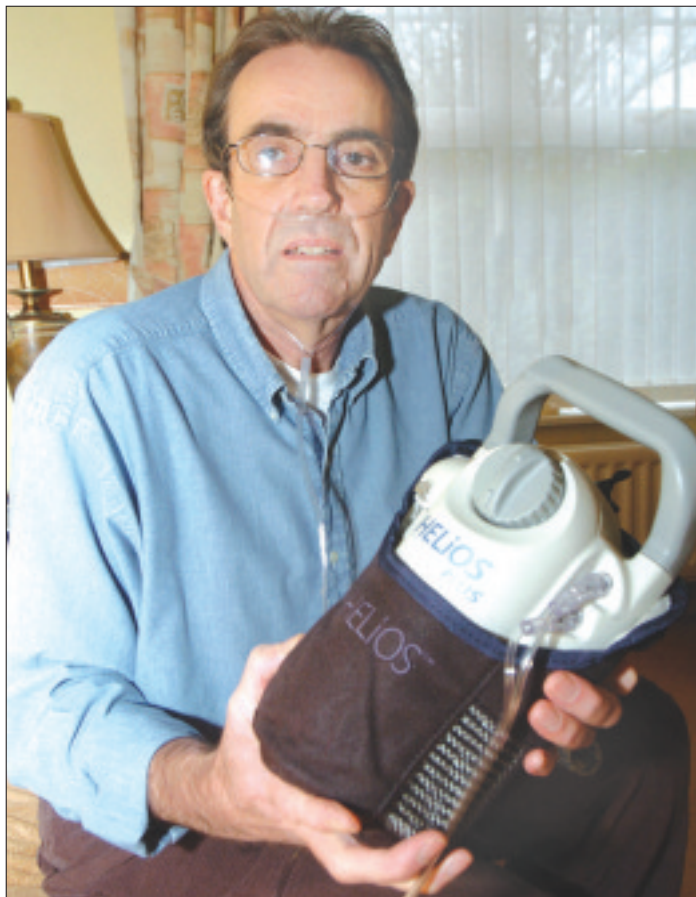
"It is nothing more than a surcharge on disability".

"The majority of people on supplementary oxygen need it for 15 hours a day and so a portable oxygen supply creates the same degree of freedom and independence that a wheelchair gives to people with other disabilities".

Mr Mugford helps to run a national support group for people with Alpha-1 Antitrypsin Deficiency.

■ For more information about the condition visit www.alpha1.org.uk

John Mugford: can't take his own tank on flights, but then is charged for oxygen



NEWS

Redway sex attacks

Accused gives evidence

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SPEEDLINE

Accused was 'not on the redway' at time of sex attack

BY LAURA HANNAM

laura.hannam@mk-news.co.uk

A MAN accused of a series of sexual assaults on the city's redways has told a jury he had nothing to do with the attacks.

Robert Horne, who is accused of attacking three women as they walked alone last spring, gave evidence at his trial at Huntingdon Crown Court on Thursday, January 21.

Mr Horne, 26, from Garbo Close, Crownhill, said at the time of the first offence, early in the morning of May 2, he went out to the BP petrol station in Heelands with a friend to get some cigarettes.

He said he left his girlfriend's house in Bradville at around 5.30am and the return trip to the garage took around 15 minutes.

He said he did not go on to the redway that runs parallel with the V7 Saxon Street near Bradville and carry out the attack on a 30-year-old woman, which happened shortly after 5am that morning.

The woman was sexually assaulted and robbed of her hand bag.

Mr Horne said he was in the area of the second incident, in Bletchley, on the afternoon of May 27 but was trying to steal the contents of vans and lorries in the industrial estate, as he regularly did.

He said he was a passenger in a

red Vauxhall Corsa driven by his friend, Gavyn Bull-Jones, who dropped him off just past the Dawson Road roundabout.

Mr Horne, who has had previous convictions of burglary theft and making off without payment, said he then jumped the fence into the TK Maxx distribution centre and another fence into some warehouses behind where he looked into several vans and checked if they were locked.

He said: "I went into the yard opposite TK Maxx. There was quite big boxes in the back of one of the lorries. I unlocked it with a skeleton key I had made up."

"Then I had a call from Gavyn. He said 'I'll pick you up where I dropped you off'."

He said he returned to the car and did not go to the redway near the Mount Farm roundabout, where a 50-year-old woman was grabbed by a man at around 5pm.

The man attempted to rape her, sexually assaulted her and stole her hand bag.

The third incident happened on June 5, when a 15-year-old girl was walking along Railway Walk near Great Linford at around 10pm. A man sexually assaulted her during an 11-minute attack and stole £60.

Earlier in the case the victim described how she had seen a group of three boys and a girl on

the redway near the Bradville underpass.

She said one of the boys, who was on a moped, rode past staring at her.

The group dispersed but the victim said the boy walked past her again 15 minutes later and gave her an 'evil glance'.

Shortly before the attack she thought she saw him walking behind her while she was talking on her phone.

Mr Horne said he was on the redway with his girlfriend and two friends playing with a mini moto that evening.

He said he remembered a girl walking by when he was riding the moped.

"I saw a police car stopped on the bridge just as I was riding past the female, so I turned around and rode back to the others."

Mr Horne said he suggested that two of the group start walking while he and one of his friends return with the mini-moto by a longer route.

He said he saw the girl pass by again when he and his friend were turning off the redway into Stantonbury.

He was left to walk back alone as his friend rode off on the mini-moto, but said he did not return to the redway or see the girl again.

The trial continues.

Confused? You will be if you park in city centre

THE council may launch a further review into parking in the city centre.

An officer's report, due to be presented to Milton Keynes Council's cabinet as MK NEWS went to press last night, recommended that the council carry out another review on parking changes in the light of the response of residents and businesses.

Cllr Alan Mallyon, cabinet member for parking, said ahead of the meeting: "After talking to many businesses in Central Milton Keynes and various other stakeholders there was a consistent message that the existing parking scheme is already hugely complicated.

"It is incredibly confusing and expensive to administrate and the other options are only adding more complication.

"The revenue from parking is currently in the region of £8million, with the surplus of around £3.5m being spent on public transport initiatives.

"A review with the aim of simplifying the current parking arrangements could potentially save money on administration, so allowing an increase in spending

on public transport.

"It could also mean fewer people inadvertently getting parking tickets because of misunderstandings."

Cllr Mallyon said the proposed review, if given the go-ahead by the cabinet, would cover every aspect of parking in and around Central Milton Keynes with 'no stone left unturned'.

It would also address the unpopularity of the previously publicised parking proposals, which include introducing charges on currently free spaces in North and South Row and parts of the Food Hall and controversial plans to give non Milton Keynes residents who work in the city a 10 per cent discount on parking, while employees who live in the city can have a 50 per cent discount.

These proposals were also due to be presented as an option to the cabinet last night, alongside another slightly revised option with employees that live outside the city being offered a larger 25 per cent discount.

■ For updates from last night's meeting visit www.mk-news.co.uk





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Police and UK Border Agency officers lead away a suspected illegal immigrant at meat factory in Bletchley

Illegal workers at kosher meat plant

UK Border Agency arrests five staff after swoop on Bletchley factory

BY JESSICA CUNNIFFE

jessica.cunniffe@mk-news.co.uk

ILLEGAL workers were found at a factory which produces kosher and halal meat.

The UK Border Agency raided Kestrel House in Bletchley's Mount Avenue industrial estate on Thursday following a tip-off.

The Great Food Company and Gilbert's Kosher Food, operating under the same roof, face fines of up to £10,000 per worker, or more if they are found to have knowingly employed illegal staff.

Five men were arrested, including three Sri Lankans who are also thought to have false documentation, a Zimbabwean overstayer and a man giving multiple identities.

After interviewing the factory's 56 workers, a Colombian man was found to be in the country



Police and UK Border Agency officers question suspect workers

illegally for 13 years.

Officers also found a Zambian man who should not be working as his asylum status is still pending.

Area director Gareth Redmond said: "It's a good result. We had intelligence that there were people working here illegally so we have interviewed every member of staff and seven people were found to be working here illegally. We like to find employers who are breaking the law because

then they will be fined, which sends out of a message that we do not tolerate illegal working. And a fine of £10,000 to a business of this size is not inconsequential. We do take illegal working seriously, there are consequences, it's not a victimless crime. We welcome any intelligence from the public and other employers."

■ Two men have been arrested for alleged use of false passports.

MP takes city bid to Parliament

THE city's fight for official city status has been taken to Parliament.

Mark Lancaster MP has tabled an Early Day Motion (EDM) which allows fellow members to throw their weight behind his constituency's campaign.

So far five politicians, including South West Milton Keynes MP Phyllis Starkey, have signed up to it, though the MP for Milton Keynes North East believes it will gather more pace.

It follows this month's announcement by Lord Mandelson that, to mark the

Queen's Diamond Jubilee in 2012, some towns would be given city status.

Few EDMs are actually debated, but they are usually used to highlight specific events or campaigns.

The motion gives Milton Keynes's regional importance, vibrant community spirit and residents' can-do attitude as reasons to make it a city.

Mr Lancaster said: "We are a tremendously forward looking city, we're very successful, we've got great business and of course now we've just now received back-

ing to be one of the host cities for the 2018 World Cup should England get it.

"This provides much promise for Milton Keynes and I very much hope that we are granted city status."

Following failed attempts in 2000 and 2002 at securing city status, council leader Sam Crooks and creative guru Gavin Anderson are putting together a team to work on a bid.

The competition will be launched later this year, with Wrexham and Perth already throwing their hats into the ring.

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Of the 95,500 copies circulated in Milton Keynes, we're the only newspaper to hand out 2,500 copies every Wednesday morning from 6.15am to commuters at MK Railway station. We're also the only local newspaper to put 8,000 copies into shops, offices, restaurants, bars, hotels, industrial areas and other public meeting places every week. We deliver bulk drops (10-100 copies each) to these places so that our newspaper can be read by local people and by people who live outside MK but are here for work or leisure reasons. We also supply 1,200 copies of MK NEWS to the main newsagents across the area each Wednesday which are bought by readers.
We aim to deliver the best possible service to our readers but if you have any questions or concerns about distribution please feel free to contact our team on the number listed above. Our deliverers earn top rates of pay. If you'd like to join our team please contact the distribution department on the number above.

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MKLETTERS

Letters to The Editor, MK NEWS, 1 Diamond Court, Fox Milne, Milton Keynes MK15 ODU | letters@mk-news.co.uk

Whinehouse

SIR – I am disappointed and not at all that happy – so this is both a complaint and concern that I have.

I eagerly awaited in the cold, wet day with my stick, as I am disabled, and was really looking forward to seeing Amy Winehouse for her autograph.

I was one of two fans who waited patiently on Wednesday outside Milton Keynes Magistrates' Court for her autograph.

I was going to ask kindly for her autograph on my CD cover. You can imagine how I felt when I was obstructed by a policewoman's arm. To my amazement the chance had passed me by.

When Amy did come out it was to be from the back entrance.

All of this was quite quick so it left me with a ruined day.

This hasn't pleased me as I feel that both police and journalists don't think of the fans.

Not only that but they robbed my wonderful day away from me and because of such incidents of stupidity, fans are made to suffer.

Mark J Owen
White Alder, Stacey Bushes

Snow business

SIR – Brenda Piper thinks that the council should pay for iced up roads and rubbish that was not collected.

I travelled to work every day through the snowy period.

Yes, some of the estate roads were difficult but the grid roads were all passable.

Are we now to hold the council responsible for the weather?

MKC had ordered new supplies of salt but I understand that these were diverted by the Government, and, anyway, salt is ineffective when the temperature drops below -5 degrees.

As for the rubbish, the landfill sites were closed for three days as their roads were impassable, what was the council supposed to do with the rubbish?

And those overpaid council managers? Those with 4x4s volunteered to drive meals to the elderly and deliver groceries to some of our vulnerable residents.

I, for one, applaud the council for its efforts in meeting the challenges during a difficult period and no, I don't work for MKC.

Linda Carter
Cottingham Grove, Bletchley

■ SIR – A special thank you to Milton Keynes Community Health Services staff that braved the elements and walked to their patients' homes to make sure that the most venerable still received a visit.

Thank you to the milkman who still delivered the milk to our doorstep for our morning cup of tea.

And last, but not by any means

Devil's in the detail of Centre for Cities report

SIR – Does Jessica Cunniffe's article 'MK well placed on road to recovery' really herald good news?

Five main points are made:

MK has the highest employment growth in the country.

MK has the second highest rate of employment.

Youth unemployment has risen much more sharply than the Great Britain average.

The increase in people claiming jobseekers allowance is one of the highest.

Council leader Sam Crooks says: 'we are up there with the big boys'.

I'll leave it to somebody else to translate 'up there with the big boys' and look at the other points.

I take 'high rate of employment' and 'high employment growth' to mean the same thing ie the number of people in work is increasing.

Can this be reconciled with 'the number of people OUT of work (jobseekers) is increasing'?

The saddest point is the big increase in youth unemployment.

In a city with such a young population this is disastrous.

Your reporter has presented the Centre for Cities report as 'great news for MK' (John Lewis).

The detail gives a different picture.

Jim Lynch
Golden Drive, Eaglestone

least, the postmen and women who made sure that the mail got delivered.

You are our unsung heroes!

Joyce Hall
Netherfield

Tesco life

SIR – Regarding the Tesco store in Wolverton.

Well needed for the community, the existing store is old and the new one will bring some new life into the area.

Adam Johnson
Sent by e-mail

Away day trippers

SIR – London Midland would do well to heed the suggestions of Chris Simpson (Letters last week).

Nor is it just those having a day out in London who could suffer.

What about those who have to get to the airport and who find the train is the most reliable means? Must those who have to catch an early flight pay extra as well?

Going just by the time slots, it seems that London Midland, if not others as well, want to take advantage of those who are, in effect, 'captive travellers', tied to the time by their working, or, as it may be, school hours.

Things are not helped either by the practice of Virgin Trains, referred to by many a previous correspondent, of preventing passengers from boarding an early, London-bound train that stops of Milton Keynes Central.

When is it going to sink into the thick heads of some transport providers that they are servants of

the travelling public and not their masters?

It is what Joe Public pays that finances their wages and pensions, and, if they insist on making it unduly onerous for the fare-paying public, sooner or later they will either have no job to go to or else the public will employ other, less troublesome means to get from A to B and back, at a time then want and at a cost they feel is worth it.

Barry Gowland
Penryn Avenue, Fishermead

Holocaust reminder

SIR – I am writing to remind people that today is Holocaust Memorial Day which this year marks the 65th anniversary of the liberation of Auschwitz.

We have a good reputation in Milton Keynes for remembering the Holocaust through events staged by the council, the Peace & Justice Network and local schools.

Our local schools have also participated for many years in visits to Auschwitz by the Holocaust Educational Trust.

Holocaust Memorial Day remembers the victims of Nazi persecution and victims of later genocides, like in Rwanda. This year the theme for the day is the legacy of hope.

Events will bring together Holocaust survivors and local community groups to remember the past and discuss its implications for the future.

It has become quite fashionable recently to describe Britain as 'broken' and to simply criticise everything from the sidelines.

But that description does not

stand up to the test when you compare it to the testimony of the many hundreds of Holocaust survivors still active in the UK or their resolve to focus on the legacy of hope.

If readers want find out more about local events for HMD or light a virtual candle of remembrance they can visit www.hmd.org.uk

Andrew Pakes
Labour & Co-operative Parliamentary Candidate for Milton Keynes North

Rotary invitation

SIR – The president and members of the Rotary Club of Newport Pagnell wish to express their appreciation to all those who contributed so generously to our Christmas collections at Frosts Garden Centre and our Newport Pagnell and Olney street collections recently.

The collections raised an amazing amount of over £3,500 and this money will go to Willen Hospice and other Rotary-approved local charities.

The Rotary Club of Newport Pagnell was founded in 1963, and our current membership is 22, both men and women.

The club is renowned for its relaxed informality and friendliness, and would be delighted to welcome new members.

As well as enjoying the many social events, the Rotary Club has helped to make a difference in a variety of ways, both locally and internationally.

The club has organised charity dinners; contributed many thousands of pounds to Willen Hospice and other local, national and international causes; collected in excess of 40,000 pairs of unwanted spectacles for third world countries; organised and operated for a number of years the Santa Claus Grotto at Frosts Garden Centre; provided and maintained a scented garden for the visually impaired in Newport Pagnell; supported the Rotary International and Bill and Miranda Gates Foundation projects to eradicate polio worldwide and lots more.

Newport Pagnell Rotary Club is holding an 'open' meeting at The Swan Revived Hotel, High Street, Newport Pagnell on Wednesday, February 17 and invites anyone interested in finding out more about the club to come along and enjoy a glass of wine and a bite to eat.

If you would like to attend, or want more information about the event, the Rotary movement in general and Newport Pagnell Rotary Club in particular, please phone or e-mail either of the following:

John Belcher 01908 210028
jbelcher@btinternet.com
Colin Kidby 01908 216598
colin.kidby@talktalk.net
Neil Beeton, treasurer,
Rotary Club of Newport Pagnell

TELL US YOUR VIEWS

DO YOU AGREE OR DISAGREE with the stories in the paper or have you a view on an MK subject you want heard?

Letters must arrive by noon on Monday, include your full name and address and should be kept short, to the point and may be edited.

Send your letters to The Editor, MK NEWS, 1 Diamond Court, Fox Milne, Milton Keynes MK15 ODU
or e-mail: letters@mk-news.co.uk

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OUR website is updated daily with all the latest news, views, sport and leisure log on to:

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An E-edition of our paper is also available on-line

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OAP's fag savings go in puff of smoke

BY JESSICA CUNNIFFE

jessica.cunniffe@mk-news.co.uk

A CHAIN-SMOKER is battling with customs after they seized his year's supply of cigarettes.

Widower Len Penman, 72, from Stantonbury, went to Adinkerke in Belgium and spent £800 on tobacco.

The 30-a-day pensioner bought 3,200 Superking cigarettes, 400 cigarillos, 200 cigars and three grams of Golden Virginia tobacco – within the legal importation limits.

But a customs officer at Coquelles accused him of wanting to sell the goods despite Mr Penman arguing that he was going to smoke them all himself.

Since the trip on June 17, friends have written letters attesting to his 56-year habit.

But correspondence from HM Revenue and Customs maintains that Mr Penman's motive was 'commercial importation'.

The former Wolverton Works vehicle maker said: "I bought the limit so I wouldn't have to go back there for another 12 months."

"I saved up the money to get the coach over there. They told us how much we were allowed to bring back and I stayed within that limit."

"But the bloke at customs accused me of wanting to sell them. He said to me: 'I don't think you smoke'. I showed him the nicotine on my nails and he still didn't believe me."



Smoker Len Penman, saved £800 to spend on his annual supply of tobacco on a trip to Belgium but HM Revenue and Customs confiscated his purchases claiming he was going to sell them for profit

"I've written letters galore to them. I feel like the bloke who seized them should be up for robbery."

The former Transport and General Workers Union branch manager said he has been made to feel like a drug smuggler.

However, he cannot afford the appeals process which would mean an overnight stay in Dover and solicitors' costs running into thousands of pounds.

The village of Adinkerke attracts

tobacco tourists to stock up on cheap cigarettes but HM Customs can use their discretion in confiscating from those they believe will sell them.

Mark Lancaster MP, who has fought the case on his constituent's behalf, said: "I was shocked that Mr Penman could have been treated in this manner having followed the guidelines to the letter. I have and will continue to do all I can to get to the bottom of this."

Public meeting on hospital baby care

THE council is to hold a public meeting following a series of damning reports on maternity services at Milton Keynes Hospital.

Residents are being invited to a meeting held by Milton Keynes Council that will look at the quality of care for mums-to-be at the hospital.

The meeting follows the high

profile inquest cases of babies Romy Mae Feast, who died at the hospital after a 'catalogue of mistakes' in June 2007, and of Ebony Comley-McCall, who died after the unit was understaffed in May 2009.

A report by the Care Quality Commission (CQC), released last week, pointed out 'a number of areas where sufficient progress

has not been made' since Romy Mae's death.

The health and community well-being select committee, run by the council, is due to meet on Tuesday, February 2 at 7.30pm in the council chamber in Silbury Boulevard.

A report will be provided by Tony Halton, director of nursing at Milton Keynes Hospital.

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Office floor bed for quake volunteer

"I ARRIVED on a small plane flying from Dominican Republic over the mountains into Port au Prince. From the air you can see how widespread the impact was. Groups of houses over a vast area are reduced to piles of rubble."

"I understood the scale of the human impact of the disaster when the first Haitian I met at the airport told me how he lost his father and brother in the earthquake."

"The streets are crowded with cars, trucks, 4x4s and people all jostling for space on broken roads. Aid agencies, UN and ordinary Haitian people are moving boxes, water containers, supplies of aid, heavy loaders are trying to clear debris and open up roads."

"Buildings are flattened, cars 'pancaked' under rubble and the eerie knowledge that there are inevitably so many bodies buried under the piles of concrete."

"The contents of people's homes are mingled amongst the rubble. It brings it all home to you that these were Haitian's going about their normal day before everything was changes in a matter of seconds."

"It's impossible to comprehend the immediacy in which so many

Last week MK NEWS featured emergency worker Chris Webster, who was preparing to travel to Haiti with World Vision's Global Rapid Response Team. The 34-year-old from Newton Longville sent us this report after his first four days helping the earthquake-struck country.



people's lives were ended or changed forever.

"World Vision is setting up child-friendly spaces which will give children a safe and secure place to play in. These play areas are run by volunteers and help children to return to something of a normal life after the disruption and chaos of the quake and seeing so much suffering first-hand."

"I've been sleeping on the floor at the office compound where

World Vision is based. It is crowded with lots of people."

"Many come looking for work. Boxes of aid pass through the compound on the way to distributions at nearby camps. It's hot, mosquitoes keep you company late into the night. We're working as many hours as we can manage."

■ To help the relief effort you can donate online at www.worldvision.org.uk

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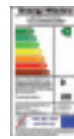
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Join the circus: Camera crews and photographers wait outside the court for Amy Winehouse to appear

Tickets scarce for Winehouse show

BY JESSICA CUNNIFFE

jessica.cunniffe@mk-news.co.uk

TICKETS to see Amy Winehouse were in particularly high demand last Wednesday.

Scores of people were flocking to Milton Keynes not to see her on stage, but in the dock.

More than 60 applications were made to witness the singer's appearance at the city's magistrates court.

But only 12 publications, including MK NEWS, were given tickets to attend the hearing.

Several defendants were listed for Court 1 after 10am, but it was a Miss Amy Jade Civil whose name summoned the media circus.

Not long after 10am, a people carrier with blacked-out windows pulled up and the singer emerged in a white shirt, grey mini skirt and flat shoes.

Scores of paparazzi clamoured to capture her defiant swagger up the steps.

But after the hullabaloo there was silence in court as she sat bolt upright behind the glass.

The 26-year-old, known for her powerful voice, spoke softly to confirm her name and address and to plead guilty to the charges of common assault and a section

5 public order offence.

She adjusted her trademark beehive as the court heard about Miss Civil's obscene outburst during the Cinderella pantomime on December 19.

The details of her uncivil behaviour – grabbing a theatre manager by the hair saying 'who the **** do you think you are?' – were met with nods from the defendant.

District Judge Peter Crabtree gave her two years' conditional discharge, meaning she will be punished for these offences if she commits another offence in that period.

The multi-million album seller was also ordered to pay £185 in compensation and costs.

Holding the door open for the reporters as she left the court, she was ushered into a room marked 'Youth Offending Team'.

As the news hounds conferred in the foyer to check their notes – 'so she had five vodka and cokes and asked for another double vodka?' – she was shepherded out of the back entrance of the court and left via the police station gates.

Quite a contrast to her last visit to Milton Keynes when she performed at The Stables Theatre back in 2005.



To see a video of Winehouse's arrival go to www.mk-news.co.uk

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Your money, your choice:

Budget Consultation 2010/11

This year has seen many financial pressures for Central Government, Local Authorities and businesses and these will continue in the immediate future as the impact of the global recession makes itself felt.

All three political parties on Milton Keynes Council have been working together to deal with these pressures to ensure that the money we spend on behalf of the people of Milton Keynes puts us in the best position to respond to the challenges ahead.

The three political parties on the Council wish to consult residents, partners and businesses about the budget for the coming financial year 2010/11. Your views are needed to inform the decisions that the full Council will make in February 2010.

Within this document you will find information about efficiency savings along with options for your comments on the level of Council Tax. There is also space to say where you think savings might be made and the opportunity to identify any areas where you think additional investment is needed to improve services.

Please take this opportunity to have your say and be involved in the decision making process.

How you can get involved

To take part in this consultation, please fill in the attached questionnaire and return it to the address below no later than February 5th, 2010.

Alternatively you can:

- Go to our website:
www.milton-keynes.gov.uk/budget-consultation
- Send an email to: **budget@milton-keynes.gov.uk**
- Call us on MK 252696
- Write to us at:
Budget 2010, Freepost ANG7122, Milton Keynes Council,
Civic Offices, 1 Saxon Gate East MK9 3HG

Or

- Come to one of the Committee meetings that will be discussing the budget. These will be held at the Council's Civic Offices on:
 - 11th January 2010 at 5:30 pm - Budget Review Group meeting
 - 16th February 2010 at 7:00 pm - Cabinet meeting
 - 23rd February 2010 at 7:30 pm - Council meeting

Details of the meeting agendas can be found on the Committee Management Information System (CMIS) on our website at:
http://www.milton-keynes.gov.uk/council-democracy/home.asp.

How money is spent

The Council provides more than 200 services for the people of Milton Keynes. There are too many to list here. Please go to our website **www.milton-keynes.gov.uk/budget-consultation** and click on the 'Postal Survey' link for more information.

Efficiency savings this year

Every year, Milton Keynes Council works hard to find better ways of doing things and make savings. We are forecasting savings which will be delivered during the current 2009/10 financial year of £8.4 million. The key elements of these savings are:

More efficient management of workforce	£ 709,000
Managing services more effectively	£3,010,000
Reducing spending on supplies and services	£ 843,000
Maximising grant opportunities	£ 922,000



Your money, your choice: Budget Consultation 2010/11

Questionnaire

PART 1: Council Tax levels

Last year Milton Keynes Council set a Council Tax increase of 3.6% for the year 2009/10. At the same time it agreed a planning assumption increase of 2.5% for 2010/11. We are now consulting you on the actual increase for 2010/11. On a Band D property, a 2.5% increase in Council Tax would mean an average increase of:

£0.53 per week £27.36 per year

Do you think a Council Tax increase of 2.5% is:

Too little ☐ Too much ☐ About right ☐

PART 2: Investment proposals

If the Council has additional funding to support investment, in which areas of service or activity do you think the Council should spend more money? It may be that you think there are existing services that could be improved by additional funding. Alternatively, you may feel that there is a particular service or activity that you would like to see Milton Keynes Council deliver that meets a need in your local community.

PART 3: Your savings suggestions

How do you think Milton Keynes Council should consider making savings across the services it delivers and the way it runs its business? Do you think that there are services that could be run more efficiently or are there services you think are not a high priority for the community? Please use the box below to provide any additional information you would like the Council to consider.

About You

To ensure we are meeting the needs of all residents it is important that we ask you a few questions about yourself. The information will be used to analyse responses amongst broad groups, for example residents over 60. The information you provide will be treated anonymously.

Age

Under 25 ☐ 25-44 ☐ 45-59 ☐ 60-74 ☐ 75 years and over ☐

Gender

Male ☐ Female ☐

Ethnic Origin

White (British)	☐	Mixed heritage (White & Black Caribbean)	☐	Asian (Indian)	☐
White (Irish)	☐	Mixed heritage (White & Black African)	☐	Asian (Pakistani)	☐
White (other)	☐	Mixed heritage (White & Asian)	☐	Asian (Bangladeshi)	☐
Black (Caribbean)	☐	Black (other)	☐	Chinese	☐
Black (African)	☐	Prefer not to say	☐	Other (if other please specify)	☐

Do you consider yourself to have a disability?

Yes ☐ No ☐ Prefer not to say ☐

Thank you for filling in this questionnaire

Name:

Address:

Post Code:

My phone number (optional)

Please return this form by **5th February 2010** to:

Budget 2010
FREEPOST ANG7122, Milton Keynes Council, Civic Offices
1 Saxon Gate East, Milton Keynes MK9 3HG

New rail centre given go-ahead

BY LAURA HANNAM

laura.hannam@mk-news.co.uk

NETWORK Rail has been given the go-ahead to build a new national centre in Milton Keynes.

The building, scheduled to open in 2012, will be constructed on the site of the former National Hockey Stadium, which is currently being demolished.

Milton Keynes Council's development control committee voted to approve the plans at a meeting on Thursday, January 22.

Iain Coucher, chief executive of Network Rail said: "Network Rail has made a big commitment to Milton Keynes in choosing the city as the home of our new national centre."

"Since making that decision we have been overwhelmed by the level of support we have received from all parts of the community."

"Our thanks go to Milton Keynes Council and Milton Keynes Partnership who have worked closely with us over the last year, helping us make sure that our national centre is a building of which both the city and Network Rail can be proud."

John Lewis, chief executive of Milton Keynes Partnership, said: "This planning decision is very good news for Milton Keynes as it will pave the way for thousands of new jobs and give us a state of the art national centre."

Construction on site is expected to start in late summer, with the building scheduled to open in autumn 2012.

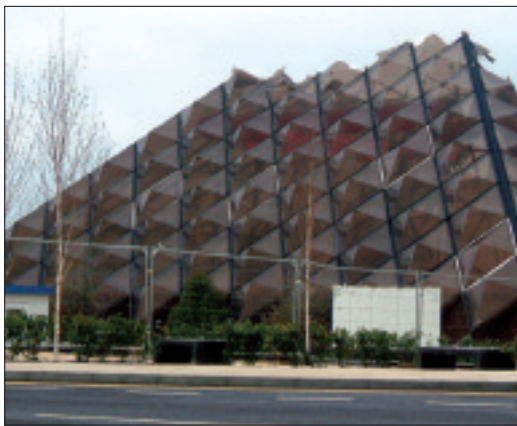
The design for the new building includes eco-friendly features including 'living roofs', which will encourage diverse habitats for flora and fauna in the centre of the city, and a rainwater harvesting system which will be used to flush toilets and irrigate land-

scaping.

It will also have recharging points for electric vehicles and an allotment on site for fruit and vegetables.



The partly demolished National Hockey Stadium



ANOTHER piece of iconic city architecture is no more. The famous pyramid at Bletchley Leisure Centre has been demolished following the

recent opening of a new multi million pound centre on the old site. Workmen started the demolition on Wednesday.

New Brook sex clinic is set to open today

CELEBRATIONS will take place today to mark the opening of a new sexual health facility in the city centre.

Brook Milton Keynes has been set up by the Community Foundation at South Fifth Street in the new Sainsbury development.

Brook will be able to continue to extend its work of promoting sexual health and education to under-25s.

The facilities in the building have been designed specifically to meet Brook's needs.

Julia Upton, chief executive of the Community Foundation, said: "We are thrilled to have secured these new premises. Increasing our portfolio means we can increase the support we provide to the

local voluntary and community sector by making available affordable, good quality accommodation. It has taken several years of work, but we have achieved a great new building by working in partnership; so our grateful thanks to Homes and Communities Agency, Abbeygate, NHS Milton Keynes, Willowbrite, Jackson Coles, OPL and CMI Consulting. We have only been able to achieve this by working with people who are passionate about the community of Milton Keynes."

Gillian Merron, Minister of State for Public Health, is due at the opening as well as Paul Mitchell, MK Dons ambassador and World keepy-uppy champion Dan Magness.

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Unusual venue: Question Time in Middleton Hall last Thursday

Hoodies and burkas on QT

BURKAS, the Iraq War and tax breaks were hotly debated in a chilly Middleton Hall on Thursday when Question Time came to town.

Host of the political panel show, David Dimbleby, pointed out to audience members that thecentre:mk was one of the stranger venues that the show been broadcast.

The set was assembled in one corner of the high-ceilinged hall, with shop faces of Costa and John Lewis, as well as the centre's distinctive mirror pan-

elling, on display.

Guests included TV presenter Richard Madeley and historian Andrew Roberts as well as MPs Liam Byrne, Caroline Spelman and Sarah Teather representing the three main political parties.

During the debate on burkas, an audience member pointed out that hoodies are banned in the shopping centre.

However, bosses were keen to point out that there is no such ban imposed in thecentre:mk or Midsummer Place.

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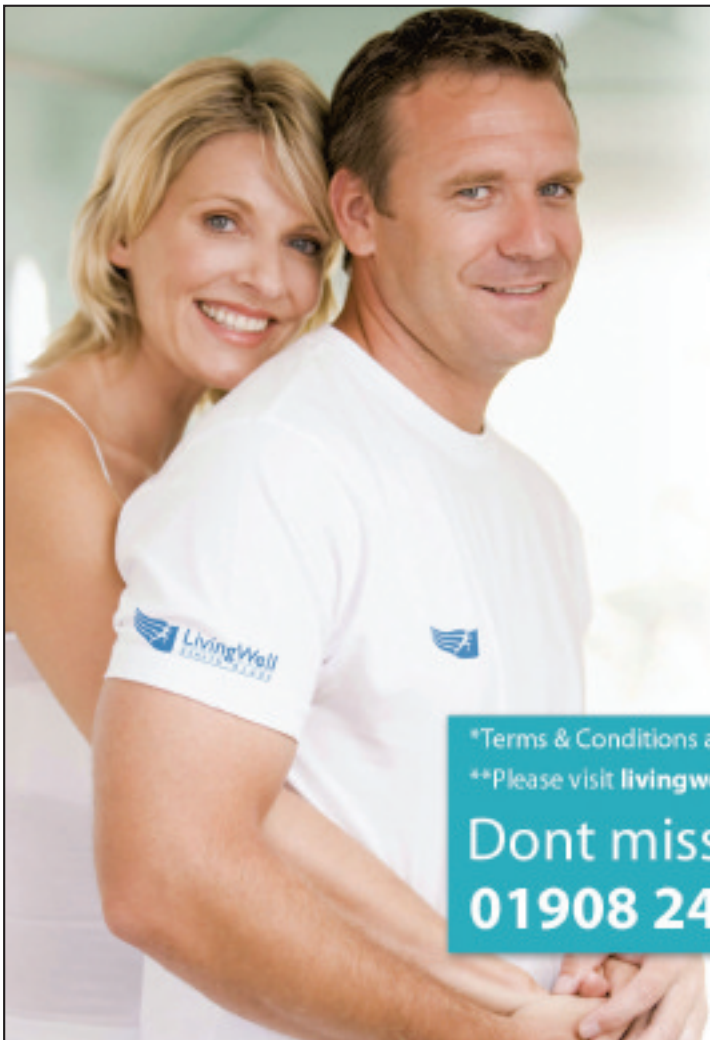
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Rail link moves closer

BY LAURA HANNAM

laura.hannam@mk-news.co.uk

A GROUP that is working to restore a rail link has welcomed the launch of a project that could help deliver its aims.

The East West Rail Consortium, which aims to restore the line between Oxford and Cambridge via Milton Keynes, has celebrated the official launch of Chiltern Railway's Evergreen 3 project.

Evergreen 3 is set to deliver a

new rail route from London to Oxford by connecting the Chiltern and East West routes at Bicester and upgrading the line between Bicester and Oxford.

The East West Rail Consortium, which is a partnership of local authorities and government agencies, said it would result in significant cost savings for the overall project.

John Lewis, chief executive of Milton Keynes Partnership and chairman of the East West Rail

Project Board said: "We are hugely supportive of Evergreen 3 as it marks a major step forward for rail services in the area and provides a boost to the East West Rail project.

"Aside from the cost saving benefits, Evergreen 3 will speed up the delivery of improvements which can only be good news for passengers."

Subject to funding being agreed, the next step is a western section route between Oxford, Aylesbury, Milton

Keynes and Bedford to follow on immediately after the completion of the Evergreen 3 project.

Neil Gibson, chairman of the East West Rail Consortium added: "We are working alongside Chiltern Railways as they develop Evergreen 3 to complete the design development for our western section.

"This is being done in accordance with Network Rail's design standards and is due to be completed in spring 2010."



Mark Calape

Hip-hopper hops off

A DANCER from Bletchley has left a BBC primetime competition.

Mark Calape, 24, had been tipped to go all the way in So You Think You Can Dance? after winning talent show Move Like Michael Jackson.

The former Lord Grey pupil, who specialises in hip-hop, was in the third pair of dancers to be voted off the show after performing a Viennese Waltz on Saturday night.

Head of the judges, Nigel Lythgow, told him that he would not be going further in the competition after he had to go head-to-head in a dance-off with his best friend on the show.

Since his exit he has already

had a jam-packed schedule - rehearsing with his group Animaineax, tutoring students and performing at his son Emiko's first birthday party.

Although he no longer has a shot at winning £100,000 and a chance to work in Hollywood, he is still proud to have got that far.

He said: "I'm really happy because I am someone who came from the streets and has no qualifications in dancing. To be viewed by millions of people is a great achievement."

Mark, formerly a professional skateboarder who learnt his craft at Milton Keynes bus station, is now gearing up to perform in the Michael Jackson tribute concerts.

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Cost: £45 for the 2 sessions (1 adult & 1 child)
The same course will also run on Wed 17th March & Wed 24th March from 4.00pm-6.00pm

Key Concepts in Algebra and Shape: GCSE Revision
Aimed at Y11 pupils aiming for a grade C in GCSE maths.
5 Saturdays starting on 24th April from 9.30am-11.30am
Cost: £100 for the 5 sessions

For further details and enrolment see website
www.waltonhigh.org.uk or ring Barbara Gunter on 01908 677954.

wlc

www.waltonhigh.org.uk

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11.00am - 2.00pm



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(next to Woughton Leisure Centre)

Construction Centre
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In the event of extreme weather, please check the College website before setting out.

For more information, visit: www.mkcollege.ac.uk or call 01908 684452/53

Academy has five star dinner ladies

STUDENTS at Milton Keynes Academy have not only got brand new facilities but top notch food too.

Now the secondary school's dinner ladies, who cook 4,000 meals a week, have achieved a top five star rating.

The catering team received the highest score on Milton Keynes Council's 'Scores on the Doors' food hygiene rating scheme.

Pauline Whitfield, catering and hospitality manager, said: "I couldn't believe it when an environmental health inspector arrived unannounced during a really hectic week when we were in the middle of preparing hundreds of dinners.

"Amidst everything going on, the inspector checked out all our procedures and practices, and peered underneath and behind everything. We were really pleased when we heard that we had been awarded the five star 'excellent'



Pauline Whitfield, second left middle row, with her five star catering team

rating as it can't get any better than that."

Pauline and her 13-strong team provide breakfast and mid-morning snacks, four different lunchtime meal dishes and an after-school snack. They also cater

for meetings and conferences in the Academy's Enterprise Hub.

Students at the Leadenhall secondary school tuck into dishes such as pan fried pesto chicken with baby herb potatoes and fresh vegetables and chilli con carne.

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COMPETITION

Win 24 red roses for St Valentine's Day

A LACK of romance on Valentine's Day can lead to heartbreak, but that's not the only thing that can stop your heart in its tracks.

February is National Heart Month, and it's your chance to take a stand against the UK's biggest killer.

Every year, heart and circulatory disease accounts for more than a third of all deaths.

This year Colgate is supporting the British Heart Foundation (BHF) Red for Heart campaign by donating 10p for every one of their products purchased at Boots from January 27 until February 23. By getting involved in the campaign you can help generate up to £100,000 in donations for the BHF.

There's nothing more important than your health and yet it's something that many people take for granted.

Healthy teeth and gums are an essential part of your overall well being, so as well as maintaining a healthy weight, moderating your alcohol intake, exercising and not smoking, take time to consider oral health as part of your overall health regime.

For more ways to go Red for Heart and get your free fund-raising kit for National Wear Red Day on Friday, February 26 visit www.bhf.org.uk/colgate or www.colgate.co.uk

To celebrate Colgate's support of



the Red for Heart campaign this February you can enter this competition to win a bouquet of two dozen red roses (worth £100) and five runner's up prizes of a Colgate dental kit, including toothbrushes, pastes, floss, and mouthwash (worth £25 each).

HOW TO ENTER

To be in with a chance of winning log on to www.mk-news.co.uk and click on the competition to find this week's question. Then send your answers by email to competitions@mk-news.co.uk.

Please include your name, address and daytime telephone number. First out of the hat wins. Editor's decision is final. Deadline February 3.

Have your say on Two Mile Ash changes

CONSULTATION is starting on major plans for a regeneration and traffic safety boost in Two Mile Ash.

The proposals include a local landscaping project, creating a dedicated ambulance drop off/collection point outside a local sheltered housing complex and drop off area for the local school, as well as dozens of new parking spaces.

A public exhibition is being held at Two Mile Ash Community Centre, on the High Street, next to Two Mile Ash Middle School next Thursday, January 28 (3.15-7pm), Friday, January 29 (3.15-7pm) and Saturday, January 30 (9am-1pm).

The consultation period ends on February 15, after which the proposals will be evaluated in light of the public comments received and a preferred option will emerge for each site.

This will then be passed back to both the parish council and the relevant Milton Keynes councillors to enable them to indicate a way forward.

More information is available upon both the MKC and Two Mile Ash Middle School websites. Both these websites invite electronic response.

■ To comment, visit the exhibition or phone 01908 254125 or email: TransportBusinessSupportTeam@milton-keynes.gov.uk



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Love Dad, Mum,
Nannie and
Grandad



Shani Wortley

Happy
18th Birthday
Boodie
1st Feb 2010

Hope its a good one

Lots of love
Kirstie & Craig
xxx
~~~~~ Rofling! ~~~~~



**SHANI WORTLEY**

Happy 18th Birthday  
1st February 2010

Have a lovely day

Love you loads  
Mum & Dad xxx



**SHANI WORTLEY**

Happy 18th Darling  
1st February 2010

So proud of you  
Our love always  
Nan & Grandad  
xxxx oooo



**SHANI WORTLEY**

Happy 18th  
**Birthday**

1/2/10

Love you lots  
Nan & Bob  
XXXX

## Deaths

**Peter Baker**

Passed away at home on 20<sup>th</sup> January  
2010 aged 61 years.

Peter was dearly loved and will  
be greatly missed by all his family  
and friends.

The funeral service will take place on  
Thursday 28<sup>th</sup> January 2010, 12 noon  
at St Faith's Church, Newton Longville  
followed by burial in the Cemetery.

Flowers or donations to  
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## In Memoriam

**JOHN ACLAND**

25th January 2001

*So sadly missed,*  
*but always in*  
*our hearts*

Love Madeline,  
Bruce, Debbie  
and family

**RICHARD LEA**

Fond memories

With love Tony  
& family  
xx

Happy 18th  
Birthday to  
**DADDIE'S**  
**FLOPPY BUNNY**

Have a fantastic day



Love Mum, Dad,  
Janie, Sian, Emma,  
Madison, Nannie  
and Grandad x

**TRACY**  
Happy 40th Birthday



Love from Mum,  
Grandma & family  
xxx

# Firefighters want a new drill tower

BY LAURA HANNAM

laura.hannam@mk-news.co.uk

**THE fire service has applied to build a new drill tower.**

Buckinghamshire Fire and Rescue Service has submitted an application to Milton Keynes Council to construct a four-storey drill tower at Newport Pagnell fire station, to replace the structure that had to be demolished in November 2008. The original 40ft tower, which was on the site since the fire station was built in

1974, was deemed unsafe after movement was spotted in the structure when contractors were installing a telephone mast.

A spokesman for the fire service said: "We are basically hoping to replace like for like."

"The drill tower will enable firefighters to continue to practice working at height and rescuing people from buildings."

**The old drill tower at Newport Pagnell Fire Station being demolished in November 2008**



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## Sixth of the best – actress opens school

ACTRESS Pauline Quirk has officially opened a city school.

Staff and guests were invited to Oakgrove School on Thursday for the official opening.

The Birds of a Feather star greeted members of the governing body, staff and guests in the schools new Sixth Form Centre.

The school has been open for five years but the ceremony represented the finish of building work at the site.



**Piece of cake:** Pauline Quirk is flanked by, from left, Adam Parker, Max Crocombe, head teacher Peter Barnes, chairman of governors Megan Crawford, Fritzie Agha-Kuofie and Chelsie Browne

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## Apprenticeships Open Day

**Saturday 30th January, 2010**  
**11am - 2pm**

- Speak to current apprentices and find out what's involved.
- Watch practical demonstrations carried out by our Engineering and Hospitality teams at Bletchley, and Construction team at Kiln Farm.
- Come along to our Bletchley Campus and meet **FCO Services** who are looking to recruit engineering apprentices for August 2010.
- Talk to representatives from **Rouge Hairdressing** who are looking to recruit a hairdressing apprentice.
- Receive helpful advice on CV writing and interview techniques.

Staff will be on hand at each campus to discuss apprenticeship opportunities. Please visit the relevant campus as indicated below:

| Bletchley                                                                                                                                                                                                                                    | Chaffron Way                                                                                                                                                                                                                                  | Kiln Farm                                                                                                                                   |
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**Apprenticeship Recruitment Team 01908 684416/4331**

In the event of extreme weather, please check the College website before setting out: [www.mkcollege.ac.uk](http://www.mkcollege.ac.uk)





# MP visits mental health centre

A CTY MP has been to see how mental health services are improving in the city.

Mark Lancaster, MP for North East Milton Keynes, went to the recently-refurbished Campbell Centre last week.

The mental health inpatient unit now has single-sex wards with predominantly private rooms and more communal space.

Restful breakout areas and a colourful outside area have also been created under the 'Pathway to Recovery'

project.

Mr Lancaster said: "I was very impressed with the Campbell Centre. Mental health is often a hidden world surrounded by stigma and the visit provided an interesting insight into the excellent work by Milton Keynes Mental Health Services."

The traditional view was that people did not 'recover' from mental health problems, but the ethos of mental health in Milton Keynes is that recovery is a life long, complex journey.

Mental health services in Milton Keynes are designed to help the person using the service on their journey towards recovery and provide support to their family and friends.

Cathy Walker, acting managing director of Milton Keynes Community Health Services, said: "We were pleased to give Mr Lancaster an opportunity to view the work our staff do to help support people with mental health difficulties in Milton Keynes and proud to demonstrate our excellent facilities."



Cathy Walker, acting MD of Milton Keynes Community Health Services, Anna Selby, interim operational director Joint Mental Health Services, MP Mark Lancaster and Richard Hewitt, operational manager

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9am to 5pm Sunday 31st January 10am to 4pm

## Got a big idea?

YOUNG people are invited to pitch their 'big idea' for the chance to win funding.

The What's the Big Idea competition has returned for its second year, offering young people aged 13 to 19 the chance to win £1,000 towards a project that would benefit their community.

Based on the BBC's Dragon's Den, the young people must pitch their idea to a panel of 'investors'.

The project is run by SaferMK, Make a Difference, Milton Keynes Community Enterprise (MKCE); MK Dons and Milton Keynes Council's Extended Services, Sports Development and Youth Service.

Last year's winners came from Radcliffe School in Wolverton, where a group of

students created an urban garden and now grow and sell vegetables to a local business and the school's canteen.

Sue Quinn, of MKCE said: "This money could make a real difference to a new idea or a project that is already running in the community."

Projects must fit one of the following categories: arts/media; environmental; sports/leisure/healthy living; community involvement; making a safer MK.

The closing date for applications is Friday, February 26.

The winning project will be awarded £1,000 and nine finalists will win £500.

Call Di Bowyer at MaD on 01908 253576, email bigidea@mad-uk.org or download an entry form from www.mad-uk.org

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Come to Middleton Hall to support the Marshall MK Lions on 2 February against Worcester Wolves. The MK Lions will play home games in Middleton Hall where they will compete in the British Basketball League, until their new purpose built Arena alongside the MK Dons is ready in the second half of 2010. Tip-off is at 7.30pm. **Tickets are available on [www.mklions.com](http://www.mklions.com)**

[thecentremk.com](http://thecentremk.com) 0870 890 2530 **thecentre:mk**



# MKLIFE GOING OUT MUSIC REVIEW COMPETITION

## CLUBS AND PUBS

### FIRST BASE

Xscape 295222  
SPORTS bar with indie nights every Friday, and Saturday nights are full of party tunes. Several big screen TVs for matches, and pool tables. Casual dress. Free entry.

### GROOVE

Theatre District 08445 434854  
RETRO bar and club which plays the best music from the 70s to 90s. In room one the 70s and 80s collide, the 90s are reserved for room two and a third room is the place for VIPs, cocktails and fizz. Open Thursday, Friday and Saturday from 8.30pm until 3.30am. Free. No trainers, hats or hoods.

### OCEANA

Xscape 670976  
THREE different clubs in one with the Rhythm Room, Ice House Reykjavik and New York Disco. Two bars, Russia Bar and Parisian Boudoir. Over 18s Sunday-Thursday, over 19s on Fridays and over 20s on Saturday. Dress code smart casual.

### OPUS

Theatre District 239433  
POPULAR nightclub on two levels. Latest RnB and hip hop on the bottom level. Funky house and electro spins on top. Entry £3 before 11pm. Dress code is casual cool.

### SPICE LOUNGE DISCOTHEQUE

Theatre District 237400  
DISCO venue with party music from the 80s, 90s and now. VIP and lounge areas. Open Friday and Saturdays only 9am to 2am. Over 21s only.

### THE LIVING ROOM

thehub:mk 608643  
MUSIC from a local musician on the baby grand piano every night at the swanky bar. Food served from mid-day until late.

### REVOLUTION

Xscape 679875  
VODKA cocktail bar set over two floors. Luxurious booths and a vodka lounge. Cocktails, food and contemporary entertainment. Dress code smart casual.

### LLOYDS NO.1

Theatre District 558905  
POPULAR bar on two levels with a large dance floor and giant disco ball. DJs play into the early hours at weekends. Free entry. Drinks and food are reasonably priced.

### THE MOON UNDER WATER

Xscape 528854  
ONE of four JD Weatherspoon pubs in the area. Open 9am-midnight Sunday to Thursday. Friday and Saturday 9-1am.

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## SIMON DARNELL

### FIREFLIES

**Owl City**  
(SONG STARTS) Well now, isn't this pleasant? I think it is, anyway.

(SINGING STARTS) It's so light and fluffy, and whimsical too... oh yes, very pleasant.

(CHORUS COMES IN) Oh bless his little cotton socks, the singer's such a dreamer, isn't he? 'I'd like to make myself believe that planet earth turns slowly', he's singing, and who am I to stop him from doing so?

The song's still very pleasant, though. Just thought I'd mention that.

(NO INSTRUMENTAL BREAK) Look at that, he doesn't even need to stop halfway through for a breather, he's singing all the way to the end. That makes a pleasant change.

(SONG ENDS) Well, that was pleasant? Actually, come to think of it, that's all it was.

Is the whole album like this? I hope not, I don't think I could take a full 40 minutes' worth of pleasanties.

On its own, this song is alright, but there's a catch. Naturally, your own opinions may vary (and most people's opinions generally do vary from mine), but songs like this have an annoying tendency to become extremely irritating extremely quickly, and the fastest way for something like that to happen is to have it played on the radio every half-hour, on the dot.



This song is incredibly radio-friendly, and there's the rub.

Even if you like it now, I reckon the chances are that six months down the line you'll not only be heartily sick of Fireflies, you'll also be humming it on your way to work without realising.

Anyway, that's something to look forward to.

### ECHO

#### Girls Can't Catch

IF there was such a thing as a playing field for girl bands, then the Spice Girls would be the ex-playing pundits in the studio, Girls Aloud would be the star strikers, Sugababes 4.0 would be coming off the field on one of those milk-float things to be replaced by the Saturdays (possibly also to the delight of Sugababes 1.0 sitting in the stands) and Girls Can't Catch would be the last minute sub brought on simply to eat up the last remaining seconds of stoppage time.

Naturally, it goes without saying that the Dolly Rockers would be the equivalent of the substitute goal-keeper.

That's how it is right now, but you can't blame Girls Can't Catch for wanting to improve their lot.

The only downside is this single sounds like a three-piece version of the Saturdays.

As pop songs go, this could be a lot worse, but if they're going to stand out from the rest they really need a sound of their own.



## COMPETITION

# Win tickets to see City Orchestra

TICKETS to see Milton Keynes City Orchestra's family concert and a chance to meet the conductor and musicians are up for grabs.

The concert, entitled 'Song and Dance', is on Sunday, February 7 at 3pm at Milton Keynes Theatre.

Local animator Tim Palmer will

lead the concert through story telling and audience participation using the music of Copeland, Appalachian Spring and Hoe Down from Rodeo, played by The Milton Keynes City Orchestra with MK Music Service young musicians and singers under the baton of Principal Conductor Sian Edwards.

Milton Keynes Gallery will also create performance using bird song and movement from Artist Marcus Coates.

In the foyer before the concert there will be free 'Try It' sessions with a range of musical instruments, 'Singing Workshops' and a Foyer performance by Greenleys First and Junior School.



## HOW TO ENTER

To win a family ticket (two adults and two children) please answer the following question: what is the name of the orchestra's family concert?

Email your answer and the details below to competitions@mk-news.co.uk, including your name, address and daytime telephone number.

First out of the hat wins. Editor's decision is final. Deadline for entries is February 3.

Tickets for the concert are £8 each and are available from The Orchestra Box Office 01908 558311.

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# MKLIFE THEATRE MUSIC

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## LIVEWIRE

Thursday, Jan 28, 8pm

THE AC/DC show with a difference. Both the Bon Scott and Brian Johnson eras are portrayed by two different singers in one explosive concert. If you close your eyes, you hear AC/DC, and if you open your eyes, you see AC/DC, with a rock hard rhythm section and some frenetic fret-board wizardry from Angus Lorne as Angus Young. You'll hear all the classics from Whole Lotta Rosie and Highway to Hell to Thunderstruck and Back In Black. Tickets £16

## THE FLOE

Previously known as Alone Me

Thursday, January 28, 8.45pm

BRIMMING with tales of love, heartache, longing and hope, The Floe's debut album, No Looking Back, is built on a solid foundation of delicate melodies, soaring vocals and passionate lyrics that melt the heart.

## BACALAO

Friday, January 29, 8pm

SENSATIONAL 12-piece salsa orchestra Bacalao return with a hot line-up of new tunes for 2010. One of the UK's leading salsa orchestras, they are led by sensational Colombian lead singers Raffael Berrio and Diego Monsalves and are inspired by music from Puerto Rico, Colombia, Venezuela and Cuba. Tickets £15

## REAL DIAMOND

Saturday, January 30, 8pm

JOHN Hylton is Europe's foremost Neil Diamond tribute performer. Together with his 7-piece band, John gives a perfect performance in an electrifying show that will convince you that you've spent the evening with Neil himself, featuring all the well-loved hits including Love On The Rocks, Sweet Caroline and Forever In Blue Jeans. Tickets £18.50

## CON O'NEILL'S BIG CIGAR

Saturday, January 30, 8.45pm

TWO of London's finest harmonic players as duo Con O'Neill's Big Cigar (Con O'Neill and Joe Green) are joined by Joff Watkins



Steve Knightley

for a night of high-powered rhythm and blues entertainment. Tickets £9.50 in advance, £11.50 on the door

## STEVE KNIGHTLEY

Supported by Jenna Witts

Sunday, January 31, 8pm

SHOW of Hands' inspired frontman and Radio 2 Folk Award winner Steve Knightley - hailed as one of England's best songwriters - tours his striking new album Track of Words Retraced. Tickets £15

## JON ALLEN

Tuesday, February 2, 8pm

JON Allen has already achieved much in his short career. Similar to contemporaries Jose Gonzales and Damien Rice whilst being evocative of the late 60s folk-rock scene, his sound shows influences from the early Faces to the legendary John Martyn in his Solid Air era. Tickets £12.50

## DARYL RUNSWICK

Tuesday, February 2, 8.45pm

HOW to describe the world

famous jazzman who is also Daryl Runswick the composer, singer, multi-instrumentalist, electronics expert, teacher, arranger. Tickets £9.50 in advance, £11.50 on the door

## SYLVIA ANDERSON

My FAB Years

Wednesday, February 3, 8pm

MEET the REAL Lady Penelope and have a real FAB time! Composer and record producer David Courtney joins forces with British TV/film and entertainment pioneer Sylvia Anderson for an entertaining evening centred around Sylvia's long-awaited biography My FAB Years. Sylvia was the voice of the elegant, charming, deadly super-agent Lady Penelope in Thunderbirds, and the show features unique archive film footage of many of the classic TV shows she helped to create (including Thunderbirds, Fireball XL5, Stingray, Captain Scarlett, Space 1999 and UFO). There'll be time for a few questions too. Tickets £14, £16

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**Thursday 28 January 8pm**  
**LIVEWIRE**  
An explosive concert with all the AC/DC classics, from Whole Lotta Rosie and Highway to Hell to Thunderstruck and Back in Black.  
**Tickets £16**

**Friday 29 January 8pm**  
**BACALAO**  
Salsa the January blues away tonight with this sensational 12-piece salsa orchestra that'll have you dancing all night.  
**Tickets £15**

**Saturday 30 January 8.45pm**  
**CON O'NEIL'S BIG CIGAR**  
Two of London's finest harmonica players tonight in an evening of high-powered rhythm and blues.  
**Tickets £9.50 in advance, £11.50 on the door**

**Sunday 31 January 8pm**  
**STEVE KNIGHTLEY**  
Show of Hands' frontman and Radio 2 Folk Award winner Steve joins us touring his striking new album Track of Words Retraced.  
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| <p><b>3+2+1 SEATER SOFA AVAILABLE IN 10 COLOURS</b></p>  <p><b>RRP £975.00 Disposal price £475.00</b></p> | <p><b>SAMSUNG BAGLESS UPRIGHT</b></p>  <p><b>RRP £146.00 Disposal price £55.00</b></p> | <p><b>MATTRESSES FROM £45.00</b></p>                                                 | <p><b>OAK DINING TABLE WITH 6 CHAIRS</b></p>  <p><b>RRP £400.00 DISPOSAL PRICE £289.00</b></p>                             | <p><b>GLASS DINING TABLE WITH 4 CHAIRS</b></p>  <p><b>RRP £174.99 DISPOSAL PRICE £99.00</b></p>                   |
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| <p><b>SINGLE BLACK METAL BEDFRAME</b></p>  <p><b>RRP £80.00 DISPOSAL PRICE £39.00</b></p>                 | <p><b>SLEIGH BED</b></p>  <p><b>RRP £200.00 Disposal price £199.00</b></p>             | <p><b>GLOSS BLACK SIDE BOARDS</b></p>  <p><b>FROM £125.00</b></p>                   | <p><b>REAL LEATHER SLEIGH BED 5" KING SIZE</b></p>  <p><b>RRP £483.00 Disposal price £250.00</b></p>      | <p><b>DEEP QUILTED DIVAN</b></p>  <p><b>SINGLE £75.00 DOUBLE £99.00 (PRICED WITH OUT DRAWS AND HEADBOARD)</b></p> |

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01908 295200  
Large group bookings welcome  
BAR £1.50\* (on selected products\*)

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Sat 27th Feb - Lettuce Heads  
Sat 3rd April - Captain Howdy  
Sat 8th May - Monarchy (Queen  
Tribute) Back by popular  
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Sat 29th May - Lettuce Heads

Free Admission before 10pm,  
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**PICK 'n' MIX PIZZA!**

**FREE DELIVERY**  
TO ALL MILTON KEYNES AREAS BASED ON  
A MINIMUM FOOD ORDER OF £9

|                                                                                                                                                                                                 | 9" REGULAR OR TRADITIONAL | 12" REGULAR OR TRADITIONAL | 12" DEEP PAN | 15" REGULAR OR TRADITIONAL |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|----------------------------|--------------|----------------------------|
| Tomato, Cheese, Tuna, Prawns, Anchovies, Chicken, Beef, Sausage, Bacon, Pineapple, Ham, Salami, Pepperoni, Chicken Tikka, Olives, Mushrooms, Corn, Onions, Pepper, Garlic, Jalapeno, BBQ Sauces |                           |                            |              |                            |
| CHEESE & TOMATO BAS plus ANY 2 DIFFERENT TOPPINGS                                                                                                                                               | 9.50                      | 10.50                      | 12.00        | 15.00                      |
| CHEESE & TOMATO BAS plus ANY 4 DIFFERENT TOPPINGS                                                                                                                                               | 9.80                      | 11.00                      | 13.00        | 16.00                      |
| CHEESE & TOMATO BAS plus ANY 8 DIFFERENT TOPPINGS                                                                                                                                               | 10.30                     | 12.00                      | 14.00        | 17.00                      |

### DESSERTS

|                                          |      |
|------------------------------------------|------|
| Cheesecake                               | 1.50 |
| Gateaux                                  | 1.50 |
| Ice Cream Ben & Jerry's ask for flavours | 3.95 |
| Chocolate Fudge Cake                     | 1.50 |

### DRINKS

|                                   |      |
|-----------------------------------|------|
| Coke/Diet Coke Pepsi Orange Fanta | 1.95 |
| Coke/Orange/Lemonade cans         | 0.60 |

### MEAL DEALS

|                                                   |      |
|---------------------------------------------------|------|
| Chicken Burger & Chips                            | 3.95 |
| 1/2 Pound Beefburger & Chips                      | 3.95 |
| 2 Pieces Chicken & Chips                          | 3.50 |
| 3 Pieces Chicken & Chips                          | 4.50 |
| 4 Pieces Chicken & Chips                          | 5.50 |
| Extra Piece of Chicken                            | 1.00 |
| Steak (Box Sirloin) with Chips, Mushrooms & Salad | 9.00 |
| Large Doner Kebab                                 | 4.50 |
| Small Doner Kebab                                 | 3.50 |

### PIZZA MENU

**STEP 01: CHOOSE YOUR PIZZA BASE**  
\* REGULAR BASE (Our Famous Original Crust)  
\* STUFFED CRUST (Add £1.50 per pizza 9" & 12" only)  
\* CHICAGO DEEP-PAN (American style deep crust)

**STEP 02: SELECT YOUR PIZZA TASTE**

|                                                                                                     | 9" REGULAR OR TRADITIONAL | 12" REGULAR OR TRADITIONAL | 12" DEEP PAN | 15" REGULAR OR TRADITIONAL |
|-----------------------------------------------------------------------------------------------------|---------------------------|----------------------------|--------------|----------------------------|
| 1. PAPA LUIGI SPECIAL<br>Tomato, Cheese, Ham, Mushroom, Salami, Peppers, Olives, Anchovies          | £9.80                     | £11.00                     | £13.00       | £16.00                     |
| 2. HOT 'N' SPICY<br>Tomato, Cheese, Salami, Peppers, Jalapenos, Garlic                              | £9.80                     | £11.00                     | £13.00       | £16.00                     |
| 3. VEG SPECIAL<br>Tomato, Cheese, Peppers, Corn, Mushrooms, Pineapple, Olives, Onion                | £9.80                     | £11.00                     | £13.00       | £16.00                     |
| 4. PISCATORIO<br>Tomato, Cheese, Tuna, Prawns, Anchovies                                            | £9.80                     | £11.00                     | £13.00       | £16.00                     |
| 5. BBQ BONANZA<br>Cheese, BBQ Sauce, Red Onions, Spicy Beef, Sausage                                | £9.80                     | £11.00                     | £13.00       | £16.00                     |
| 6. TEXAN BBQ<br>BBQ Sauce, Cheese, Onion, Peppers, BBQ Chicken, Bacon                               | £9.80                     | £11.00                     | £13.00       | £16.00                     |
| 7. PEPPERONI FEAST<br>Double Mozzarella, Double Pepperoni                                           | £9.80                     | £11.00                     | £13.00       | £16.00                     |
| 8. MILANESE<br>Tomato, Cheese, Ham, Mushrooms                                                       | £9.50                     | £10.50                     | £12.00       | £15.00                     |
| 9. HAWAIIAN<br>Tomato, Cheese, Ham, Pineapple                                                       | £9.50                     | £10.50                     | £12.00       | £15.00                     |
| 10. MIGHTY MEATY<br>Tomato, Cheese, Salami, Beef, Chicken, Ham, Bacon, Sausage                      | £10.30                    | £12.00                     | £14.00       | £17.00                     |
| 11. CHICKEN TIKKA MASALA<br>Tomato, Cheese, Chicken Tikka, Onion, Peppers                           | £10.30                    | £12.00                     | £14.00       | £17.00                     |
| 12. NEW YORKER<br>Tomato, Onion & Green Peppers, Cheese, Salami, Beef, Chicken, Ham, Bacon, Sausage | £10.30                    | £12.00                     | £14.00       | £17.00                     |
| 13. MEAT LOVERS<br>Tomato, Cheese, Double Salami, Double Pepperoni, Double Ham, Double Beef         | £12.00                    | £14.00                     | £16.00       | £18.00                     |

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Bletchley  
MK2 2RU

### PIZZA MENU

#### BUY 1 GET 1 FREE

|                                                                                                                  | 10"   | 12"   | 15"   |
|------------------------------------------------------------------------------------------------------------------|-------|-------|-------|
| 1. CHEESE & TOMATO                                                                                               | 8.90  | 10.90 | 12.00 |
| 2. HAWAIIAN<br>Pineapple & Turkey                                                                                | 9.50  | 12.50 | 15.50 |
| 3. PEPPERONI FEAST<br>Onion, Mushrooms & Pepperoni                                                               | 9.50  | 12.50 | 15.50 |
| 4. OCEAN FEAST<br>Tuna, Prawns, Anchovies & Tomatoes                                                             | 9.50  | 12.50 | 15.50 |
| 5. CHICKEN FEAST<br>BBQ Sauce, Plain Chicken, Mushrooms & Peppers                                                | 9.50  | 12.50 | 15.50 |
| 6. AMERICAN<br>Onion, Pepperoni, Beef, Green Chillies & Peppers                                                  | 9.50  | 12.50 | 15.50 |
| 7. MEXICANA<br>Chicken Tikka, Jalapenos, Peppers, & Pineapple                                                    | 9.50  | 12.50 | 15.50 |
| 8. TASTY VEGGIE<br>Onion, Mushroom, Sweetcorn, Peppers, Olives & Tomatoes                                        | 9.50  | 12.50 | 15.50 |
| 9. MEAT FEAST<br>Beef, Pepperoni, Turkey & Chicken Tikka                                                         | 9.50  | 12.50 | 15.50 |
| 10. TASTY SPECIAL<br>Onion, Chicken, Green Chillies, Peppers & Tomatoes                                          | 10.00 | 13.00 | 16.00 |
| 11. TASTY FULL HOUSE<br>Beef, Pepperoni, Peppers, Sweetcorn, Onion & Turkey                                      | 10.50 | 13.50 | 16.50 |
| 12. FREE CHOICE<br>Choose 4 Toppings - Choose a Base from Tomato, BBQ, Garlic Mayo & Chilli                      | 10.50 | 13.50 | 16.50 |
| 13. DONER PIZZA<br>Doner Meat, Onions & Jalapenos                                                                | 9.50  | 12.50 | 16.00 |
| 14. GRAND TANDOORI CHICKEN<br>Topping, Red Onion, Green Chilli, Tandoori Chicken, Garlic Sauce & Fresh Coriander | 9.50  | 12.50 | 16.00 |
| 15. CHICKEN BBQ PIZZA<br>BBQ base, Onion, Turkey Meat & BBQ Chicken                                              | 9.50  | 12.50 | 16.00 |
| 16. ORIENTAL EXPRESS<br>Sweetcorn, Green Pepper, Chinese Chicken & Red Onion                                     | 9.50  | 12.50 | 16.00 |

### QUICK SNACKS

|                                 |       |
|---------------------------------|-------|
| Spicy Chicken Donner            | £4.50 |
| Lamb Dinner                     | £4.50 |
| Donner Meat & Chips             | £3.40 |
| Mix Donner Chicken & Lamb       | £5.80 |
| Kebab Roll                      | £3.20 |
| Chicken Tikka Roll & Lamb Tikka | £4.50 |
| Veg/Salad Roll                  | £2.50 |
| Served With Pitta or Naan Bread |       |

### T.F.C. SPECIAL

|                            |        |
|----------------------------|--------|
| Nahiri                     | £6.00  |
| Goat Feet                  | £6.00  |
| Tandoori Lamb Chop Masala  | £6.00  |
| Lamb Tikka Masala          | £6.00  |
| Deasi Murgah on Bones      | £7.50  |
| Deasi Lamb Korahi on Bones | £12.00 |

### KEEMA

|                |       |
|----------------|-------|
| Keema Curry    | £5.00 |
| Keema Jalfrezi | £5.00 |
| Keema Korma    | £5.00 |

### BURGERS

|                       |       |
|-----------------------|-------|
| VEGGIE BURGER         | 2.50  |
| SPICY BEAN BURGER     | 2.50  |
| FISH BURGER           | 2.50  |
| CHICKEN FILLET BURGER | 2.50  |
| 1/4 POUNDER BURGER    | 2.50  |
| WITH EGG              | +0.40 |

### FAMILY BUCKET

|                               |        |
|-------------------------------|--------|
| 8 pieces of Chicken, 4 Chips  |        |
| 1.5 Litre coke & coleslaw     | £10.80 |
| 12 pieces of Chicken, 4 Chips |        |
| 1.5 Litre coke & coleslaw     | £14.80 |
| 18 pieces of Chicken, 6 Chips |        |
| 1.5 Litre coke & coleslaw     | £21.80 |

### FISH

|                     |       |
|---------------------|-------|
| Masala Fish         | £5.00 |
| King Prawn Masala   | £7.00 |
| King Prawn Jalfrezi | £7.00 |
| Grilled fish        | £4.50 |

### VEGETABLE

|                        |       |
|------------------------|-------|
| Mixed vegetable Karahi | £3.50 |
| Tarka Daal             | £3.50 |
| Daal Mash              | £3.50 |
| Bhindi                 | £3.50 |

### GRILL

|                                |       |
|--------------------------------|-------|
| Jhangir Roast                  | £4.50 |
| Tandoori Lamb Chops            | £3.99 |
| Sheesh Kebab portion of four   | £3.99 |
| Chicken Tikka                  | £3.50 |
| Lamb Tikka                     | £3.99 |
| Chicken Wings                  | £3.50 |
| Family Mixed Grill             | £4.50 |
| Grilled Fish                   | £4.50 |
| Chicken or Lamb Shashlik       | £4.50 |
| Sizzling Garlic King Prawn     | £6.50 |
| Sizzling Garlic Mushroom       | £2.50 |
| Chicken Pakora                 | £2.00 |
| Samosa Meat/Veg portion of two | £1.40 |
| Tandoori Chicken Leg           | £1.75 |
| Chana Chaat                    | £2.50 |

### BIRYANI

|                     |       |
|---------------------|-------|
| Chicken Biryani     | £5.50 |
| Lamb Biryani        | £5.50 |
| Vegetable Biryani   | £3.99 |
| King Prawn Biryani  | £6.99 |
| TFC Special Biryani | £6.50 |
| Mushroom Biryani    | £3.99 |

### MEAT

|               |       |
|---------------|-------|
| Lamb Karahi   | £5.50 |
| Lamb Curry    | £4.50 |
| Lamb Jalfrezi | £5.00 |

**SPECIAL OFFER**  
Any one pizza, any size  
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2 rice or 2 chips & a drink £8

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2 rice or chips, coleslaw or  
beans & bottle of drink £12

Peri Peri Quarter Chicken Meal  
Rice or chips & can of drink £4

Peri Peri Burger Meal  
Burger & chips or rice &  
can of drink £4.50

Pizza Deal  
Any 2 large pizzas, 2 chips &  
a bottle of drink £15

Any 2 large pizzas,  
2 large chips & side order & bottle £17

Lamb Chop Meal  
Chops, chips or rice  
& can £6

Lamb Steak Meal  
Steak & chips or rice & can £6



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January 2010

# What People Really Want

Your  
Perfect 10  
for 2010

**Your top 10 wants for a happy  
& successful life in 2010**

- Your Career
- Your Environment
- Your Quality Time
- Your looks
- Your Hobbies
- Your Health
- Your Home
- Your Social Life
- Your Family
- Your Dreams



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# What People Really Want

Perfect 10 for 2010

## A change for the better?



**A man once said to me that if you wake up in the morning and think to yourself 'Oh no, I've got to go to work today' then you are probably in the wrong job.**

There are millions of people out there doing a job that they don't want to do - but what are we doing about making that change? Let's face it, its estimated that four million of us Brits work more than 48 hours every seven days.

In the UK workers work an average 43.6 hours, the European average is 40.3. In France the average is just 35 hours. But would you mind the hours if the two things, work and happiness were to collide.

Scientists recently calculated that the average British child born in 2007 could expect to live until they are 103.

As retirement age gets pushed further and further back - for those of you that hate their career or job its going to be a long, slow road to retirement. Unless that is you do something to change that.

In the real world its not always possible to get the balance right when you are up to your neck in bills, a mortgage and a family to provide for.

But what sort of things should you be looking for if you want to take that leap into another career path?

Well, change is a huge thing and first up knowing the kind of job you want to do will make your search that bit easier.

First ask yourself this question. What is it you actually want out of a career? If you have always secretly harboured a desire to be a fighter pilot but ended up selling fast food to hungry shoppers, how achievable is this going to be? But if you want it that bad then why not aim high and go for it.

Are you looking for a stop-gap job to pay off bills or have you got a detailed career plan? Do you want a similar kind of job to your existing one but just in a different environment? Have you done all you can in your current job and need a fresh, new challenge? Do you want to get promoted and take on more responsibility?

Think about a job that suits your lifestyle. If you like to go out and party then early morning work is probably out. But if you are looking for some time off during the week then maybe a four days on four days off shift pattern will suit.

How far do you want to travel to work. Do you want a two hour daily commute or maybe walking or cycling a few miles to work works for you.

Whatever career path or change of career path you decide think carefully about the decision before you make it - you are a long time working.

But surely the worst case would be looking back and thinking what if...

**There are millions of people out there doing a job that they don't want to do - but what are we doing about making that change?**

Well, change is a huge thing and first up knowing the kind of job you want to do will make your search that bit easier.

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Perfect 10 for 2010

# Want to save money & save the world?

Every week I trudge round the supermarket, clutching my shopping list and re-usable bags, vowing to buy healthier and better value produce. I try desperately not to be seduced by the strategically placed special offers, but somehow always manage to fill the trolley with mountains of unnecessary tasty treats!

I am always shocked at the total when it flashes up on the till - how do I manage to spend so much? Do we really eat all that between five of us?

Well, like most families the answer is probably no, we don't eat it all. Some of it goes straight in the bin, adding to the 6.7 million tonnes of food waste buried at landfill each year. In fact the average family in the UK wastes around £420 a year on food which is thrown away.

Reducing the amount of food you waste can

save you money as well as reducing greenhouse gases. As with many environmental issues, the answer lies in the 3 R's - Reduce, Re-use and Recycle.

**Reduce:** The simplest way to reduce food waste is to simply buy less, but if you don't plan properly you could end up buying take-aways or doing a top-up shop in between, both of which could cost you more. Planning some meals in advance will help you avoid impulse buying.

Ask the family to suggest some meals and write down all the ingredients you'll need. Compile a shopping list and try your hardest to stick to it!

Try to plan meals using the fresh stuff like salad or fish first, keeping longer lasting items, frozen and tins for later in the week. Kid's yogurt tubes and smoothies freeze brilliantly, preventing them from going out of date and acting as a mini cold-pack in their lunch box. They can also be eaten straight from the freezer as a natural ice cream alternative.

**Re-use:** Before throwing away leftovers consider what your thrifty granny would have

done with them! Check online recipe sites for and use leftovers to and work - it's cheaper than buying ready-made sandwiches and gives you more variety.

**Recycle:** This is one of the easiest ways to reduce the amount of rubbish going to landfill. MK Council have provided composting caddies to every home in the area and any food waste can simply go straight into these to be composted. Once you notice how much food you're throwing away it will be easier to see how you can reduce waste and save money.

If you use compostable paper liners in your caddy it's easy, clean and hygienic, at a fraction of the cost of all that wasted food.

By taking a few small steps you can save money and help to protect the environment. You might even come up with some new and imaginative dinner ideas as well!

**What People Really Want**



“ The average family in the UK wastes around £420 a year on food which is thrown away.



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## What People Really Want

Perfect 10 for 2010

# It's never too late



**It ain't what you know - it's who you know. Or is it?**

Yes, if you are the son of a millionaire business magnate it's probably going to be easier to get your foot on the first rung of the corporate ladder. And yes, if you are the daughter of two famous film stars don't try and tell me that you stand the same feeble chance as every other out-of-work actor when it comes to getting auditioned for a part. Because it won't wash.

But did you know that every day in every way you are learning something new? Something that will make your life better and more fulfilled - if you let it.

They say that with age comes wisdom - they're right. But life, in the words of John Lennon, doesn't have to be what happens to you while you're busy making other plans.

Because you know what? It's never too late. There are now more opportunities to broaden your knowledge, learn a new skill and just plain have a good time

doing something for yourself than ever before. It could even help you get a better job.

“

**Learning a new skill brings with it a self-confidence**

It could be knitting or plastering, playing chess or riding a bike. It could be making that effort to learn a language so that next time you go on holiday to France or Spain you can do more than just grunt, shout loudly in English or wave your arms about when you want to know the way to the station. It could be the decision to take up badminton, ball-room dancing or playing the banjo.

Learning a new skill brings with it a self-confidence and self-reliance that comes with mastering a challenge.

Whatever you decide to do - once you've made up your mind just go for it. You will feel such a sense of achievement - and you can give yourself a well-deserved pat on the back.



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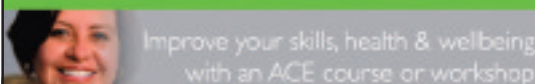
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**Call Mark Featherstone for beginners classes on 07958 243686 or 01908 614078**

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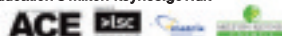
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Perfect 10 for 2010

**What  
People**  
Really Want

# Having the time of our lives

'Nae man can tether time or tide'  
(Robert Burns - Tam O'Shanter).  
No, Robbie, they certainly can't -  
though Dr Who and King Canute  
had a jolly good try.

But even if it's not possible to conjure up more time there are still plenty of ways that you can make the most of what you have.

When you fill in a form and see the 'hobbies' section do you blithely write 'Morris dancing, free running, brain surgery' and so on before realising that you haven't actually had time to enjoy any of these activities for the last three years? If so you are one of many.

Try to set aside a definite time when you can do your thing - whatever it is. If you know that: '6pm on Tuesday = swimming', you are far more likely to go.

Turn off your work mobile or blackberry when you have finished for the day. Things are rarely so urgent that they won't wait until the morning and your evenings are precious.

Don't be pressurised into working through your lunch hour; by

taking a few minutes to relax and get out of the office you will feel far more refreshed. It will mean you function better during the rest of the working day and you will be more alert and relaxed in the evening - everyone's a winner!

Watching television is a great way to relax but channel hopping isn't. Pick a programme or two that you want to see, watch them and then step away from the box and do something else. Once you start flicking, as if by magic, the time vanishes!

Remember that it is really important to make time for yourself. There are so many things to do in life and it would be such a shame to miss out on them because you've got your nose permanently stuck in the order forms or the emails or some mindless TV programme. As Robert Burns might have said: 'Tis nae rehearsal, this wee life of ours'. Less work, more play, is the order of the day!

There are still plenty of ways that  
you can make the most of what  
you have.



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# What People Really Want

Perfect 10 for 2010

## Eating to live - or living to eat?

The immortality pill hasn't yet been invented whatever the scientists predict. But with a few simple ground rules laid down your chances of living to a ripe old age while remaining fit and healthy will improve dramatically.

It really is true, you are what you eat. Fortunately for all those people who wake up with good intentions, breakfast is the most important meal of the day. Eat something healthy and filling for breakfast and you will be less likely to snack on rubbish later on.

Common sense is the key to eating well. Tucking into just one extra portion of fruit and vegetables a day could cut your risk of dying early from any cause by 20 per cent - and we're not just talking about you here. Your kids, too, are laying the groundwork of their health for the rest of their natural lives. Everybody knows that drinking a chocolate and marshmallow milkshake with cream on top is not exactly providing your body with those essential nutrients. That said, there is no reason why you shouldn't enjoy the occasional tasty treat.

Exercise, that dreaded word, is the other key element in the campaign for living longer. We Brits will spend 17 years of our lives on the sofa, with seven years of that devoted to watching TV. Switch off the box and switch on to a spot of exercise instead. You'll be saving electricity - and maybe your life, too. Of course, not everyone is going to like the gym just as not everyone enjoys swimming or playing tennis. Don't force yourself to do something you hate. Try out lots of different sports until you find one you enjoy.

Calorie-busting activities can be as simple as walking up the stairs instead of using the lift. And if you spend a long time sitting down at work, get up and stretch every so often to avoid your muscles stiffening up. You may look strange but you'll feel great.

Take a step in the right direction. Take 12,000 steps a day and it (as well as you) will go a long way to shift those love handles.

Protect your heart by cutting down on your salt intake - and giving someone a hug! Hugging someone you love lowers blood pressure and reduces levels of the stress hormone, cortisol. High levels of cortisol have been linked to heart disease and other conditions such as diabetes.

Let the sunshine in but beware of over-exposure. The sun's rays on the skin help your body produce vitamin D, which has been shown to fight heart disease, depression, osteoporosis and even some types of cancer.

Forget ten years younger how about fourteen? Follow these four very easy principles and you can add 14 years to your life expectancy; don't smoke, take regular exercise, drink sensibly and eat five portions of fruit and veg a day. You knew that anyway.

## Finally - cheer up, it may never happen...

Studies have found that those with a positive attitude suffer less from conditions such as heart disease. Laughter, it would seem, really is the best medicine.

.....

  
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*If you would like to learn more about The Lose-it-Coach's personal but completely affordable selection of services then call now for a chat or to book a free consultation, meetings held all over MK and also run 'in house' lunchtime sessions in many of the larger companies locally!*  
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Beauty, they say, is in the eye of the beholder. Well now just hang on one cottonpickin' minute.

Who are 'they' and what do 'they' know about anything? When did 'they' last see a size 16, short-sighted, menopausally neurotic female (having a bad hair day) dressed in a shapeless six year old woolly on the cover of Vogue? Huh?!

Exactly my point. But hey! What does it matter that you're no Kate Moss or Brad Pitt? They may have the money; the looks; the lifestyle but...but... ok, we're just making ourselves more and more depressed here.

Let's start again. When did you last do something for someone that you didn't have to do but in doing it, you helped them to feel better? When did you last smile at someone you didn't know and say good morning? When did you last give someone your time when it would have been so easy just to hurry on by?

Do you have to be a size zero to do that? Is it necessary to have

your face plastered all over the papers to say that? Would you have to be a millionaire to have given that?

Sure, we'd all like to change something about our bodies - yes, I bet even Kate Moss is not wholly satisfied with her gorgeous lot in life - and there's nothing to stop us from doing it.

You don't have to stomp up a fortune to get lose weight, get fit or change your dress sense. And just because you've heard it all before, it doesn't mean that it's not true.

Get up that bit earlier and go for a trot round the park. Eat fewer burgers and chips. Think before you put on the day-glo pink shell-suit. Take a deep breath and smile. It's not rocket science - it's not even GCSE biology. If you stop thinking about yourself and take a moment to consider someone else you WILL be beautiful - in the eye of the beholder and anyone else for that matter.

You are something better than the sum of all your flawed parts if you will let yourself be.





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Perfect 10 for 2010

**What  
People**  
Really Want

# Home

## It is said that Home is where the heart is.

Detached, semi, bungalow, terrace, flat or caravan. All are examples of homes for people.

But what makes your own personal castle, home sweet home? Whatever it is, its bound to be something personal that makes your place feel just that little bit different.

Continued >



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# What People Really Want

Perfect 10 for 2010

Continued >

**Whatever it is, its bound to be something personal that makes your place feel just that little bit different.**

Whether it's the smell, your own bed, or your dog welcoming you at the front door, there's just something comforting about being around the things you love.

For many their parents house will always feel like their true home because it is full of warmth and was your first house experience.

In this age of economic uncertainty more people are looking at improving the homes that they have rather than upping sticks and moving completely.

But not everyone is a budding DIYer who can turn their hand to anything.

But even for those that don't know one end of a spanner from the other there are still tasks around the home that you can tackle without too many problems.

Most of us are able to wield a paintbrush. A good lick of paint can dramatically change the way your room looks and feels through choice of colour but it also makes you feel better having done it yourself.

Saying that some home improvements will probably need the expertise and craftsmanship of experts. Shop around and find yourself the best deal and transform your home into a palace.

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## What People Really Want

# FAMILY

# “

Laughter is the best medicine!



## Happy Families?

Every family is different - and yet every family is the same. All that any of us really want is for our nearest and dearest to be safe, happy and healthy.

Dysfunction rules when things go wrong big time. Here are a few suggestions to keep in mind should the whole pack of cards threaten to topple.

The lynchpin of the whole set-up is you. Mum and Dad, you are the cement that keeps it all together. You are also the grown-ups in this situation so try and leave the kicking, screaming and tantrums to the toddlers. Stay cool, stay calm and connect with your other half.

Laughter is the best medicine. Spend more quality time with your kids having fun. The family that plays together, stays together.

'Annual income twenty pounds, annual expenditure nineteen nineteen six,' says Mr Micawber in Charles Dickens' David Copperfield, 'result happiness. Annual income twenty pounds, annual expenditure twenty pounds ought and six, result misery.' Keep a lid on your spending and you'll keep the wolf from the door.

However trying they may be at times, you know you wouldn't be without them. Your kids may be a responsibility but they are also a blessing. Treasure them, they are only young for a such a short time.

Take stock of what you've got. It may not be an easy ride all the way but if each of you is there for the others when times are hard then together you can go forward. Oh, and don't forget to say 'I love you' - and give them a great big hug!





**What  
People  
Really Want**

Perfect 10 for 2010

# SOCIAL LIFE

## GO - ON LET YOUR HAIR DOWN

As people work longer hours it is more important than ever to give yourself a bit of 'you' time.

That can come in many shapes and forms - but having a social life is important for everyone.

It might be that you are mad about sports either watching or playing. If you are the active type then there are no shortages of sporting clubs and societies in the area for you to join.

Sport is a fantastic way to not only keep yourself healthy but also increase your network of friends too.



Continued >

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# What People Really Want

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## SOCIAL LIFE



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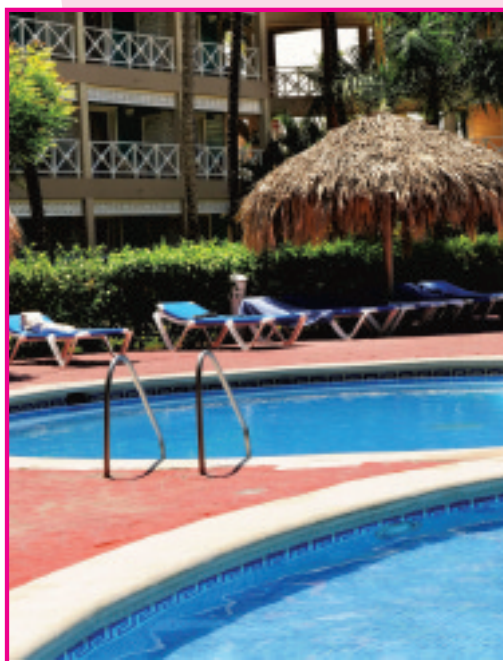
\*Terms and conditions apply, see in-store for full details.



Perfect 10 for 2010

**What  
People  
Really  
Want**

# As Gabrielle once sang 'Dreams can come true'



How many times have you spent those imaginary millions from the Lottery, sat at your work desk googling luxury holidays that you would like to be on or just simply lusted after another car as you top up your rust bucket at the local filling station?

To be honest if you didn't then you just wouldn't be normal would you?

But what are dreams? Certainly they can be very pleasant thoughts. But they can also be aspirational. Why shouldn't you have the things that you dream of?

It just might be that you are not able to have everything that you want exactly when you want it.

So if you are fed up with your two week holiday in Spain and fancy instead a luxury trip for two to some sun drenched island in the Indian Ocean how exactly are you going to get it?

Well planning is everything. Be realistic and set yourself goals and targets en route to fulfilling the ultimate dream. Why not set yourself a dream target to going on that

holiday you always wanted. It might be two years it might be ten but once you have a plan in place suddenly the dream becomes more of a reality.

Work out how much money you think you will need to make the holiday come true. There might have to be sacrifices along the way. For every takeaway you order is that another £20 that could go into the holiday fund.

As you often here, take care of the pennies and the pounds will take care of themselves.

Put all of your small change into a jar and leave it there. A few months will pass and before you know it you will be surprised with the cash that you have at the end of it.

Why not use this money to splash out on the fancy meal at the posh restaurant you always dreamed of going to, buy that designer dress you had your eye on or hire a luxury car for the weekend.

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Ask about our London Link

# TAYLORS

## Executive Homes



**Tel: 01908 240981**

email: [mkexec@taylorscountrywide.co.uk](mailto:mkexec@taylorscountrywide.co.uk)

### EXECUTIVE HOMES OFFICE

436 Midsummer Boulevard

#### Loughton

**£575,000**



This spacious detached home situated in Loughton

- offers six bedrooms • 18ft dining room • 17ft lounge • kitchen/breakfast room • study • laundry room • extensive sun terrace • double garage • gardens to front, side and rear • off road parking for numerous vehicles •

#### Shenley Brook End

**£360,000**



This attractive 4 bedroom detached executive residence boasts a generous plot and is located in a desirable off-road position in Shenley Brook End.

- lounge • dining room • study • kitchen/breakfast room • utility and w/c • 4 bedrooms with en suite to the master • family bathroom • ample parking for 4 vehicles • double garage • beautifully landscaped garden to rear •

#### Emerson Valley £440,000



A rare opportunity to purchase a property on a large corner plot situated in Emerson Valley.

- Four reception rooms • Five double bedrooms • Two en suites • Swimming pool •
- Parking for approximately 10 vehicles • Double garage • Views across 'Linear Park' • Balcony overlooking the green •

Last week we sold or completed on properties in Middleton, Monkston, Medbourne, Furzton Lake, Shenley Brook End, Walnut Tree and Woburn Sands. We have numerous buyers waiting for executive homes in these areas. Call Graham Robson on (01908) 240981 to hear how we can sell your home for the best possible price.

#### Two Mile Ash £359,995



This detached property set at the end of a cul de sac offering a high level of privacy.

- lounge • dining room • kitchen/breakfast • conservatory • study • cloakroom • utility • 3 bedrooms with dressing room and en suite to master • family bathroom with sunken 'jacuzzi' bath • Driveway for several cars • double garage with electric doors and rear garden • Internal viewing is highly recommended to appreciate the quality of living space •

#### Monkston Park

**Guide Price £550,000**



Taylor's Executive Homes are pleased to offer for sale this stunning five bedroom stone built executive residence. This former show home is situated on a corner plot in the popular area of Monkston Park.

- Lounge • 18ft Dining Hall • 30ft kitchen/family room • five double bedrooms • three en-suites and a family bathroom • landscaped gardens • driveway and double garage • An internal viewing is highly recommended to appreciate the size and quality of this distinctive home •

#### Hartwell

**£625,000**



A very high specification village property offering extremely generous living accommodation.

- 23ft kitchen/breakfast room • dining room • study • 20ft lounge • conservatory • utility and downstairs WC • six double bedrooms two with en suite • high specification family bathroom • own private parking with gravel driveway leading to a substantial garage.

#### Broughton Village

**£690,000**



This unique bungalow is situated in Broughton Village. The property has been sympathetically extended.

- Impressive lounge • kitchen/breakfast room • dining room • further dining hall, utility, cloakroom • three bedrooms with three en suites • a study/bedroom four and family bathroom • beautiful gardens • a very high quality and extensive accommodation • Taylor's Executive Homes welcome this property to the market. Call 01908 240981 to arrange a viewing now.

#### Mursley

**£525,000**



A beautifully presented detached executive home situated in the highly sought after village of Mursley.

- lounge • dining room • study • family room • kitchen • utility room and cloakroom • four double bedrooms • two en suites • family bathroom • gardens to the front, rear and side • ample off road parking in front of the detached double garage •

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### Reaching the London Market

Expose your property to London, national and international buyers through our extensive marketing with John D Wood & Co.

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- Network of 14 London offices
- Peace of mind that your property is being exposed to the widest market

01908 240981

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Some agents claim they can give you MK wide coverage from just one location but will they get you the best possible price?

To achieve the best price for your property you need maximum branch coverage which is why TAYLORS has over 22%\* of all sold boards in & around Milton Keynes.

TAYLORS has CMK's largest 4500sqft estate agency office supported by MORE local branches, MORE self-trained professional staff and MORE regional & national coverage than any other estate agents.

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[www.taylorsestateagents.co.uk](http://www.taylorsestateagents.co.uk)  
to SELL YOUR HOME

**TAYLORS**  
Estate Agents

Taylor's Estate Agents was the estate agent with the highest number of sold signs displayed during a survey collected on 4 - 12 August 2009





**TAYLORS CENTRAL OFFICE**  
436 Midsummer Boulevard

# TAYLORS

## Central

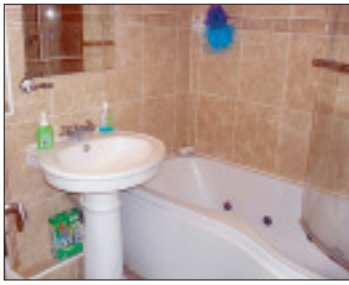


**Tel: 01908 678151**  
email: centralmiltonkeynes@taylorscountrywide.co.uk

**Bolbeck Park £186,995**



- Semi detached home
- Three bedrooms
- Separate reception rooms
- Re-fitted downstairs cloakroom
- Re-fitted bathroom
- Gardens to front and rear



**Public Notice**



Address: 3 Ellisgill Court, Heelands, Milton Keynes, MK13 7LP  
We advise that an offer has been made for the above property in the sum of £125,000 any persons wishing to increase on this offer should notify the agents of their best offer prior to exchange of contracts.

**Bradville £169,995**

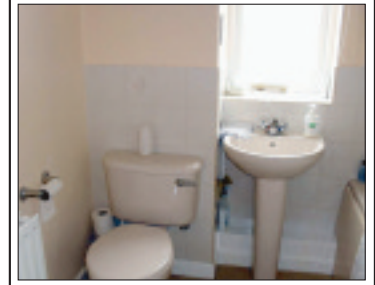


- Three Bedroom Property
- Semi Detached
- Double Glazing
- Gas to Radiator Heating
- Kitchen/Diner
- Conservatory
- Front & Rear Gardens

**Kents Hill £255,000**



- Four Bedroom Detached
- Double Glazing
- Cloakroom
- Conservatory
- En-Suite to Master Bedroom
- Front & Rear Gardens
- Off Road Parking
- Garage



**Oxley Park £249,995**



- Recently Constructed Property
- Three Bedroom Semi Detached
- Cloakroom
- En-Suite to Master Bedroom
- Front & Rear Gardens

**Broughton £189,995**



- Two Bedroom Maisonette
- Double Glazing
- Kitchen/Breakfast Room
- Lounge/Diner
- En-Suite to Master Bedroom
- Allocated Parking

**Milton Keynes OIEO £360,000**



- 4 Bedroom Detached
- Set on approx 1/5 Acre Plot
- Cloakroom & Utility Room
- Refitted Kitchen
- Conservatory
- En-Suite to Master Bedroom
- Gardens & Off Road Parking
- Double Garage

**Broughton £250,000**



- Three Bedroom Detached
- Cloakroom
- Kitchen
- Lounge & Dining Room
- En-Suite to Master Bedroom
- Rear Garden
- Double Carport

**WANTED!**

**Property in  
Old Farm  
Park! Call  
01908  
678151!**

**WANTED!**

**Property in  
Walnut Tree!  
Call 01908  
678151!**



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**TAYLORS CENTRAL OFFICE**  
436 Midsummer Boulevard

# TAYLORS

## Central



**Tel: 01908 678151**  
email: centralmiltonkeynes@taylorscountrywide.co.uk

**Bradwell OIEO £255,000**



- 3 Bedroom Detached
- Double Glazing
- Cloakroom
- Lounge & Dining Room
- Kitchen
- Refitted Bathroom
- Front & Rear Gardens
- Off Road Parking

**Milton Keynes OIEO £200,000**



- 3 Bedroom Detached
- Lounge
- Dining Room
- Conservatory
- Kitchen
- Bathroom
- Front & Rear Gardens
- Garage

**Downhead Park OIEO £265,000**



- Well Presented
- Much Improved
- Four Bedroom
- Detached Home
- Separate Reception
- Sun Lounge
- Refitted Kitchen
- Must Be Viewed!

**Willen Park OIEO £125,000**



- One Bedroom Property
- Semi Detached
- Double Glazing
- Gas Central Heating
- Kitchen
- Lounge
- Rear Garden
- Allocated Parking

**Emerson Valley £239,995**



- Much Improved and Spacious
- Three Bedroom Detached
- Double Glazing
- Downstairs Cloakroom
- Conservatory
- En-Suite to Master Bedroom
- Front & Rear Gardens
- ORP & Garage

**Furztown £174,995**



- 3 Bedrooms
- End of Terrace
- Double Glazing
- Lounge
- Kitchen
- Front & Rear Gardens
- Off Road Parking
- Garage

### Success soars at Taylors Central!



Many properties are selling for the asking price and above! Call us now if you are looking to sell on 01908 678151 and join in our success!

### TOP 10 HOTTEST PROPERTIES, CALL 01908 678151 NOW!

- Two Mile Ash, 4 Bed Det £279,995
- Emerson Valley, 3 Bed Det £239,995
- Furztown, 3 Bed EOT £174,995
- Bolbeck Park, 4 Bed Det £350,000
- Kents Hill, 3 Bed Det £255,000
- Crownhill, 3 Bed Semi £99,995
- Shenleys, 2 Bed £154,995
- Broughton, 2 Bed Apartment £189,995
- Stantonbury, 2 Bed Flat £122,500
- Caldecotte, 3 Bed £199,995

### WANTED!

**Property in Great Holm!**  
**Call 01908 678151!**

### WANTED!

**Mr J urgently wants a property in Faraday Drive!**  
**Call 01908 678151!**

### WANTED!

**Property in Two Mile Ash!**  
**Call 01908 678151!**

### WANTED!

**Mr T urgently needs a shared ownership in Great Holm!**  
**Call 01908 678151!**





## WESTCROFT OFFICE

4 Barnsdale Drive, Westcroft, Milton Keynes

Tel: 01908 524456

email: westcroft@taylorscountrywide.co.uk

# TAYLORS

## Estate Agents



## BLETCHLEY OFFICE

161 Queensway, Blotchley

Tel: 01908 370861

email: blotchley@taylorscountrywide.co.uk

**Do you own a four bedroom detached home in and around Kingsmead? If you are interested in selling, we have a Mr & Mrs W that may want to buy a home like yours. Please call Taylors Westcroft on 01908 524456**

### Tattenhoe £239,995



- Three storey home
- Five bedrooms
- En suite to master bedroom
- Downstairs cloakroom
- Gardens, garage and off road parking
- No upper chain

### Counties £159,995



- Semi detached property
- Three bedrooms
- Re-fitted kitchen/diner
- Central heating and double glazing
- Gardens and off road parking

### Racecourses £154,995



- Well presented semi detached
- Two bedrooms
- Re-fitted kitchen/diner
- Re-fitted bathroom
- Gardens and off road parking
- Viewing highly recommended

### Public notice



67 Miserden Crescent, Westcroft, Milton Keynes, Bucks MK4 4GJ

We are acting for the mortgagees in the sale of the above property and have received an offer of £155,000. Any interested parties must submit any higher offer in writing to the selling agent before an exchange of contracts takes place.

### Emerson Valley £194,995



- Well presented semi detached home
- Three bedrooms
- Separate reception rooms
- Larger than average rear garden
- Garage and off road parking

### Water Eaton £164,995



- 1940's style semi detached property
- Three bedrooms
- Separate reception rooms
- Double glazing and gas to radiator heating
- Gardens to front and rear
- Garage and off road parking

### Poets Guide Price £210,000



- Extended semi detached home
- Four bedrooms
- Kitchen/breakfast room
- Lounge and dining room
- Gardens to front and rear
- Garage and off road parking

### Kingsmead £240,000



- Mews style property
- Four bedrooms
- En suite to master bedroom
- Downstairs cloakroom
- Gardens to front and rear
- Off road parking

### Furzton £224,995



- Well presented detached home
- Three bedrooms
- Downstairs cloakroom
- Separate reception rooms
- Gardens to front and rear
- Single garage and off road parking

### Manor Park £234,995



- Three Bedrooms
- Detached
- Gas Central Heating
- Double Glazing
- Front and Rear Gardens
- Off road parking
- Garage

### Lakes £104,995



- End of terrace home
- Three bedrooms
- Downstairs cloakroom
- Central heating and double glazing
- Gardens to front and rear

### Westcroft £55,000



- 1 Bedroom Maisonette
- Top Floor
- Double Glazing
- Lounge
- Kitchen
- Bathroom
- Allocated Parking
- 50% Share

### Crownhill £179,995



- Semi detached home
- Three bedrooms
- Lounge
- Kitchen/diner
- Gardens to front and rear
- Off road parking

### Shenley Road Guide Price £125,000



- Two bedrooms
- Mid terraced
- Central heating
- Double glazing
- No upper chain
- Viewing is highly recommended

**Miss K is a first time buyer looking for a two or three bedroom house on the Saints estate. Can you help?**

[www.mortgagescountrywide.co.uk](http://www.mortgagescountrywide.co.uk)

[www.taylorsestateagents.co.uk](http://www.taylorsestateagents.co.uk)





## WOLVERTON OFFICE

2 Stratford Road, Wolverton  
Tel: 01908 312623

email: wolverton@taylorscountrywide.co.uk



## STONY STRATFORD OFFICE

36 High Street, Stony Stratford  
Tel: 01908 563825

email: stonystratford@taylorscountrywide.co.uk

### Greenleys Guide Price £159,995



- Well Presented
- Three Bedroom
- Extended Semi Detached
- Double Glazing
- Lounge
- Gardens
- Off Road Parking

### Haversham O.I.E.O. £154,995



- Two Bedroom
- Mid-Terraced
- Electric Heating
- Gardens • Garage
- Double Glazing • Conservatory
- Viewing Recommended

### Yardley Gobion £155,000



- Three Bedroom
- Semi Detached Property
- Double Glazing
- Cloakroom
- No Upper Chain
- Garden

### Stony Stratford £155,000



- Two Bedroom
- End Of Terrace Property
- Double Glazing
- Gas Radiator Heating
- Garage
- Gardens

### Hodge Lea Guide Price £159,995



- Four Bedroom
- Mid Terraced
- Study
- Double Glazing
- Gas Radiator Heating
- Gardens

### Hodge Lea £169,995



- Semi detached home
- Three bedrooms
- Kitchen/diner
- Lounge
- Cloakroom
- Gardens and Garage

**COMING SOON!**  
**Three Bedroom**  
**In**  
**Old Stratford**  
**Call Now**  
**To Register Your**  
**Interest**  
**On 563825**

### Deanshanger £200,000



- Very Well Presented • Extended
- Three Bedroom
- Semi Detached Home
- Corner Plot • Double Glazing
- Conservatory
- Garage

### Wolverton £164,995



- Very Well Presented
- Three Bedroom
- Mid Terrace Property
- Two Receptions • Cellarette
- Gas Radiator Heating
- Good Sized Rear Garden

### Bradville OIEO £155,000



- Three Bedroom • Semi Detached
- Lounge • Kitchen/Diner
- Bathroom
- Rear garden
- Garage
- Off Road Parking

### Roade £159,995



- Two Bedroom
- Semi Detached Bungalow
- Double Glazing
- Gas Radiator Heating
- Garage
- No Upper Chain

**WANTED!**  
**For Mr and Mrs P**  
**Three Bedroom**  
**in**  
**Two Mile Ash**  
**Can You Help?**  
**If So then**  
**Call 563825**

### Wolverton £164,995



- Three Bedrooms Mid Terrace
- Lounge • Dining Room
- Kitchen • Bathroom
- WC
- Rear Garden
- Garage

### Wolverton Guide Price £154,995



- Two Bedroom
- Terraced Property
- Two Reception Rooms
- Cellarette
- Viewing Recommended

### Two Mile Ash £279,995



- Four Bedroom • Detached Residence
- Cloakroom • Separate Receptions
- Conservatory
- En-suite To Master
- Garage
- Gardens

### Castlethorpe O.I.E.O. £155,000



- Two Bedroom
- Terrace Property
- Solar Panel On Roof
- Double Glazing
- Gas Radiator Heating
- Conservatory

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[www.taylorsestateagents.co.uk](http://www.taylorsestateagents.co.uk)





## NEWPORT PAGNELL OFFICE

87 High Street, Newport Pagnell

Tel: 01908 611966

email: newportpagnell@taylorscountrywide.co.uk

# TAYLORS

## Estate Agents



## OLNEY OFFICE

26a Market Place

Tel: 01234 713333

email: olney@taylorscountrywide.co.uk

### Blakelands

£164,995



- Fully Refurbished
- Two Bedroom
- Semi Detached Bungalow
- Lounge/Diner
- Re-Fitted Kitchen
- Re-Fitted Bathroom
- Front Garden
- Landscaped Rear Garden
- Off Road Parking

### Olney

£189,995



- Mid Terraced Property
- Three Bedrooms
- Re-Fitted Kitchen/Breakfast Room
- Dual Aspect Lounge
- Gardens to Front and Rear
- Two Out buildings
- Off Road Parking

### Olney

O.I.E.O. £150,000



- Three bedrooms
- Lounge/Kitchen
- Bathroom
- Versatile accommodation
- Internal viewing recommended

### Newport Pagnell

£149,995



- Porch
- Lounge
- Kitchen/Diner
- Two Double Bedrooms
- Bathroom
- Front and Rear Garden

### Yardley Hastings

£360,000



- Detached bungalow
- Four bedrooms
- Landscaped rear garden
- Larger than average garage
- Private parking
- Private driveway

### Irchester

£106,995



- Mid Terrace Property
- Three Bedrooms
- Lounge
- Kitchen/Diner
- Front and Rear Garden
- Off Road Parking

### Newport Pagnell

£164,995



- Two Bedroom Mid Terraced
- Re-Fitted Kitchen
- Re-Fitted Bathroom
- Lounge/Diner
- Gardens
- Off Road Parking

### Bozeat

£260,000



- Former telephone exchange
- Immaculately presented
- Undergone renovation and many improvements by the current vendors.
- Three bedrooms
- Rear and side gardens
- Garage

### Turvey

£399,995



- Detached Barn Conversion
- Three bedrooms
- Lounge
- Dining Room
- Conservatory
- En-Suite
- Shower Room
- Front and Rear Garden

### Newport Pagnell

£184,995



- End of Terrace
- Three Bedrooms
- Lounge/Diner
- Kitchen
- Bathroom
- Conservatory
- Landscaped Front Garden
- Rear Garden

### Giffard Park OIEO

£100,000



- 1 Bedroom
- Lounge/Diner
- Kitchen
- Re-fitted Bathroom
- Garden
- Off Road Parking

### Stoke Goldington O.I.E.O

£300,000



- Former School House
- Three bedrooms
- Lounge with open fireplace
- Kitchen/breakfast room
- Character features
- Tel: 01234 713333

### Olney

£199,995



- Well Presented
- Pegasus Retirement
- One Bedroom
- First Floor Apartment
- Lounge
- Kitchen
- Bathroom

[www.mortgagescountrywide.co.uk](http://www.mortgagescountrywide.co.uk)

[www.taylorsestateagents.co.uk](http://www.taylorsestateagents.co.uk)





## NEW HOMES OFFICE

436 Midsummer Boulevard



**Tel: 01908 677227**

email: mknewhomes@taylorscountrywide.co.uk

### HOME BUY DIRECT SCHEME £108,500



Set on the fringe of the new city with the river ouzel meandering past. A striking development of apartments with the convenience of the A5 trunk road a short drive. Also a range of amenities are available within walking distance. The apartments are now finished and ready to occupy, which offers you some incredible opportunities for incentives. Some are accessed via lifts and have secure undercroft parking.

### ONLY A FEW LEFT! £199,950



Set in an enviable lakeside development, A range of luxury 2 bedroom apartments with 2 Juliet balconies. Hotel style internal corridors with contemporary lifts and stairwell set the scene for entering your modern, light home with an excellent specification. Situated on the edge of Milton Keynes. Ready now, key in office.

### 22FT LOUNGE WITH THIS 4 BEDROOM DETACHED £279,950



This is a deceptively spacious 4 bedroom house with garage and double parking. Boasting the popular open plan kitchen/diner layout. This leaves the rear of the house with a spacious lounge onto the garden. Upstairs the master has en-suite shower and wardrobe. Set back on an imposing position.

### OPEN PLAN DESIGN £299,995



Upstairs on this 4 bedroom home is a traditional layout. Contrasted downstairs by a separate double aspect lounge with an open plan kitchen, dining, family room with bay walk-in window to garden. Choose from garage or double door less garage.

### LIKE LOTS OF SPACE?

**£208,207**



This home has a almost 26ft lounge and 4 double bedrooms with 3 bath/en-suites, the kitchen Set on a development by the canal side and Waterhall Park. Outside your parking is gated within the plot. Ideally located, just off the A5, A4146 junction for southern destinations. Ready now, key in office. THE PRICE SHOWN ON THIS PLOT IS A SHARED EQUITY PRICE OF 85/15%.

### 5 BED DETACHED WITH DOUBLE GARAGE £359,950



**\*PART EXCHANGE AVAILABLE\***

This contemporary home on corner plot offers a light and spacious L shaped layout with large expanses of glass and double aspect to most rooms. The versatile range of double bedrooms over the 3 floors, gives a variety of uses. Situated on the East edge of Milton Keynes with excellent M1 access. CALL TAYLOR NEW HOMES (01908) 677227

### TRADITIONAL 2 STOREY HOME £239,995



A traditional 3 bedroom family home. Offering great downstairs accommodation including a kitchen/diner and separate lounge with double doors into the garden. The master bedroom has built in wardrobe and en-suite. The use of big windows to most rooms, offers a light airy feel to the contemporary design. Situated on the east of Milton Keynes, offering excellent access to the M1.

### BRAND NEW 4 BEDROOM DETACHED £264,995



Rarely available with one of our highest specifications, detached house with door less garage. Boasting a whole top floor devoted to the master suite. Downstairs the lounge is a separate room with popular kitchen/diner facing the garden. Situated on the East edge of Milton Keynes with excellent M1 access.

### TRADITIONAL DETACHED WITH MODERN LAYOUT £299,950



**PART EXCHANGE YOUR HOME!**  
Boasting the popular double aspect eating/cooking room with separate lounge. Both rooms being over 22ft long. Situated on a corner plot with door less garage and parking lying on the East of Milton Keynes with excellent access to the M1, park and ride.

### RURAL VIEWS TO REAR £645,000



On an enviable plot with large frontage. A traditional 2 storey, 5 bedroom, 3 bath, 4 reception house with double garage. Backing onto open pasture land. Set on a small private development just outside the popular village of Odell and Harrold. The house is under construction, offering purchasers a huge input to colour choices to bespoke their home. This peaceful setting offers excellent village amenities including access to A509 trunk road and the popular Sharnbrook school catchment. Part exchange is also offered for a smooth, hassle free move.

### VILLAGE SETTING IN MILTON KEYNES £350,000



This village setting home on the edge of Milton Keynes is offering a traditional 2 storey 4 bedroom detached, with a generous plot. Set on a small development, wrapped around by one of the city's original villages and open parkland. Part exchange is also available. Ideally located, a short drive to the M1, and offering popular Oakgrove school catchment.

**The New Homes Specialists**

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**TAYLORS LETTINGS OFFICE**  
436 Midsummer Boulevard

# TAYLORS

## Residential Lettings



**Tel: 01908 393924**  
email: cmklettings@taylorsestateagents.co.uk

### Olney £795pcm



- Well presented three bedroom end of terraced property
- Block paved parking
- Large rear garden
- En suite
- Downstairs cloakroom
- Kitchen/diner
- Separate lounge.

### Deanshanger £800pcm



- Three bedroom terraced property
- Off road parking and gardens
- Kitchen/diner
- Good sized bedrooms set over three floors
- Immaculate order
- En suite to master

### Bletchley £550pcm



- Well presented property
- 1 Double Bedroom
- Lounge
- Kitchen
- Bathroom

### Newport Pagnell £650pcm



- Well presented two bedroom property
- Off road parking and gardens
- Kitchen
- Lounge/diner
- Two bedrooms
- Family bathroom
- Available now!!

### Broughton £750pcm



- Well presented two double bedroom apartment
- En-suite to master
- Built in wardrobes
- Lounge /diner
- Large kitchen including built in appliances
- Off road parking and is available now.

### Crownhill £795pcm



- Immaculate four bedroom detached property
- Off road parking, garage and low maintenance rear garden
- Open plan living accommodation
- En suite to master
- Family bathroom and downstairs cloakroom.

### Bradville £750pcm



- 3 bedroom detached property
- Furnished and available immediately
- Please call the Lettings team to arrange a viewing appointment on 01908 393924.

### Broughton £750pcm



- Newly built two bedroom apartment
- Situated in the popular Broughton area of Milton Keynes
- Available immediately
- Must be seen.

### Bletchley £695pcm



- Two double bedroom semi-detached house
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### Woolstone Village £750pcm



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# EIGHT YEARS OF RESEARCH PROMPTS DOWNSIZING COUPLE TO PLUMP FOR WOLVERTON PARK

**WHEN RETIRED FINANCIAL SERVICES MANAGER, IAIN SINCLAIR, AND HIS FORMER TEACHER WIFE, OLWEN, DECIDED THE TIME HAD COME TO DOWNSIZE THEIR HOME, IT WAS NOT A DECISION THEY WERE GOING TO TAKE LIGHTLY. HAVING LIVED VERY HAPPILY FOR THIRTY-SIX YEARS IN LITTLE BRICKHILL THEY SPENT EIGHT YEARS LOOKING AT EVERY PLAN AND PLOT IN THE CITY BEFORE MAKING THEIR MOVE TO WOLVERTON PARK.**

"We had a beautiful period property set round a lovely courtyard and it was idyllic," says Mrs. Sinclair, "and it was always going to take something very special for us to move."

Now the Sinclairs are ensconced in a three bedroom apartment on the new development and they are revelling in their new abode.

"There's a beautiful, very large balcony overlooking the canal which is in the sun all day and we're really very pleased indeed," says Mrs. Sinclair.

"The landscaping is excellent and the site management people have been very good. Coming here after such a very long time in our previous home where we were very happy was a very big decision, but we can honestly say we haven't been disappointed. The transport links are excellent; there's very easy access to trains and buses and while we have a car people could easily live here without one."

The Sinclairs bought off-plan and landed their first choice apartment spending fifteen weeks in the Royal Train Shed while it was made ready.

"The Royal Train Shed is a stunning building with absolutely outstanding architecture," Mrs. Sinclair says, "and if it was in London I have no doubt it would sell for a fortune."

The Sinclairs appreciate the way Wolverton Park has been landscaped and believe they may have made their move across the city at just the right time.

"In the past, Wolverton was a bit left behind by other parts of Milton Keynes and I think some of our friends were



rather surprised when we decided to leave Little Brickhill to come here," Mrs. Sinclair says. "But the area has a surprising amount to offer. It's very lively, characterful place and a historic railway town. There are lots of clubs and a strong sense of community. We think it's really up and coming so hopefully we've bought our new home here at just the right time. It may not have quite the cache of some other areas of Milton Keynes but we think that is a situation which is really changing."

Even though the Sinclairs are retired they had no desire to end up surrounded solely by people of a similar age to themselves.

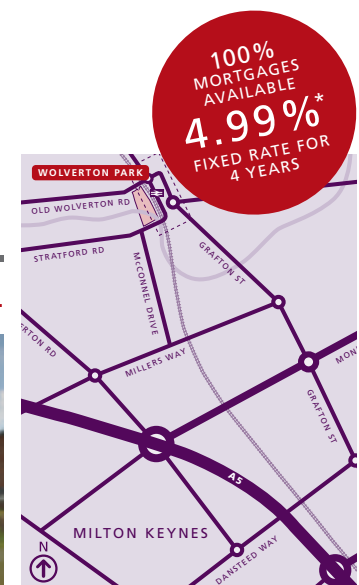
"There's a good mix here with plenty of young people and that's something we're both very pleased about. We may be retired but that doesn't mean we want only to live around other older people," says Mrs. Sinclair. "Would I recommend it to other people who were looking to downsize like us? Most certainly I would. I should tell them to come to have a look for themselves as they might be in for a very pleasant surprise."

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REQUIRED**

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- En-suite + Family Bathroom

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*The closing date for applications is Monday February 8th 2010*

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We can offer you a supportive and dedicated staff team, well motivated and happy children, your own laptop and interactive whiteboard and PPA release with your year group colleague.

Visits to the school are particularly welcome. Please contact Mrs Julie Robertson, our Bursar, to arrange an appointment or request an application form and further details about the post.

*Willen Primary School is committed to safeguarding children. Applicants will require an enhanced CRB check.*

Closing date: Monday 8th February 2010 (12 noon)  
Interview Date: Wednesday 10th February 2010

**Get your brand closer to people's lives**

No other medium is as close to people's hearts as Regional Press. Consumers consider it an integral part of their community.

The effectiveness of regional press advertising is driving sales across down to the single fact that people prefer to do most of their spending close to where they live.

Consumers' Choice '11, a national consumer survey by TNS Media, found that regional press advertising is the most frequently acted upon, with 81% of people responding to it.

No wonder brands enjoy a closer relationship with consumers when advertised in this, the most trusted and effective medium of all.

**Regional Press**



### Be part of this exciting opportunity to help offenders increase their employability skills.

As part of the Offenders into Employment Project, we are looking for Case Managers and a Coordinator to support offenders in their resettlement and career planning both in custody and out in the community. We're also looking for Variable Hours Lecturers to teach essential employability and social development skills at HMP Bedford. Have you got what it takes?

#### Offenders into Employment Project, Fixed term contract until December 2011

**Case Manager:** NOMS/ESF: Full time position (Reading/Slough): £21,949 - £24,704 pro rata, per annum

**Case Manager:** NOMS/ESF: Part time position (Milton Keynes): £21,949 - £24,704 pro rata, per annum

**Case Manager:** NOMS/ESF: Part time position (Bicester/Oxon): £21,949 - £24,704 pro rata, per annum

**Coordinator:** NOMS/ESF: Full time position (Milton Keynes/Bicester): Circa £26,000 - £28,000 per annum

#### Variable Hours Lecturer (VHL) Roles: £17,316 - £23,286 pro rata, per annum

**VHL:** Teaching Generalist with Personal/Social Development and Employability x 2 positions (HMP Bedford)

**VHL:** Teaching Generalist with Personal/Social Development and Employability - Maternity Cover (HMP Bedford)

**Closing date for Offenders into Employment Project positions: Friday 5th February 2010**

**Closing date for HMP Bedford positions: Wednesday 10th February 2010**

**For more detailed information and to apply for these jobs:**

**Visit:** [www.mkcollege.ac.uk](http://www.mkcollege.ac.uk)

**Call:** 01908 684327 (answer phone)

**Email:** [recruitment@mkcollege.ac.uk](mailto:recruitment@mkcollege.ac.uk)

**Jobs at Milton Keynes College, Whatever your Direction**



# www.jobsnow.co.uk

## Enjoy more breathing space

### Deputy Team Manager

£37,206 to £42,786 p.a. – Ref: 50016413 + £2,000 market supplement

£37,206 to £42,786 p.a. – Ref: 50016338

Relocation may be available for both posts

Milton Keynes has only a small number of young people subject to child protection plans and some of the lowest protected caseloads in the whole country. Because we don't overburden our Social Workers, you'll have the time and space to work successfully with individual children and families – there's more opportunity to prepare them for life without our support.

And, as Milton Keynes and the surrounding area have so much to offer, you can also look forward to a better quality of life for yourself. (Key worker housing is available in the city, and Campbell Park is only 5 minutes from the office).

You will have an important role in supervising and running the team to promote high quality practice.

Championing the rights of the family, you'll promote multi-agency and partnership working at every opportunity, while delivering solutions that bring out the best in your team.

The role requires a social work qualification together with significant management experience of working with children and families in a similar environment. Confident, inspirational and efficient, you'll bring a new dynamic to the team as you make the most of this rewarding career opportunity.

For informal enquiries please contact Vikki Blakeston on 01908 253235 or Ieuan Jones on 01908 253131.

For an application form, email: [jobs@milton-keynes.gov.uk](mailto:jobs@milton-keynes.gov.uk)  
or call us on 01908 253344 or 253462 (24 hour answerphone).

Closing date: 12 February 2010. (Subject to Safer Recruitment).

To apply online visit: [www.theplacetobe.info](http://www.theplacetobe.info).



It's ability, not disability that counts



**MILTON KEYNES COUNCIL**



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**Local People  
Local Care**

*The Fremantle Trust  
(a major not for  
profit care provider)  
is recruiting a new  
'Opportunities and  
Activities Team' in  
Bedfordshire who  
will be helping adults  
with learning  
disabilities to access a  
whole range of  
activities, and  
explore new ways to  
become part of their  
community.*

**FREMAN TLE**  
Partnership of Local Care

### Opportunities Coordinators

**£7.42ph, f/t and p/t hours**

Our Coordinators will be motivated to seek the best outcomes for the people they support, whether that's supporting them as they take first steps into employment or encouraging them in activities that were previously just aspirations. People will be supported into the evenings and at weekends, so flexibility with hours within the team will be required.

All posts will involve driving, possibly a people carrier type vehicle.

Find out how you can help someone with a learning disability to get the best out of their life. To request an information pack, or for further information, call:

**Team Manager, Andy Bedwell on  
01234 215189**

Closing Date: **1st February 2010**

*Subject to satisfactory CRB Disclosure*

**No agencies  
No sales calls**

The Fremantle Trust is committed to equality of opportunity  
www.fremantletrust.org  
Registered Charity No. 1014986

### Office Assistant/ Receptionist

We are looking for an Office Assistant/ Receptionist to join our exciting Graphic Design Company.

We need a team player who is enthusiastic, friendly and committed with good communication, telephone and computer skills.

Your main responsibilities will include maintaining the office systems, dealing with enquiries, photocopying, filing and other general administration duties.

Full, clean driving licence would be an advantage.

**Please forward your CV to:** Carole Dilley  
Wagstaffs Design The Chapel, Trinity Gardens,  
9-11 Bromham Road, Bedford MK40 2BP  
email: carole@wagstaffsdesign.co.uk

**wagstaffsdesign**

NO AGENCIES

This Busy Town Centre Doctors Surgery is looking for a

### RECEPTIONIST

to join our friendly team to enable us to maintain a professional service for our increasing practice population

**IF YOU ARE:-**

- Honest/ trustworthy/ reliable/ flexible/ a team player
- A good communicator and computer literate
- Able to work under pressure and willing to tackle new challenges
- Available to work approximately 22 hours per week, to include a Saturday morning on a rota basis, and willing to cover sickness leave

**Please apply in writing with full CV, to:**  
Mrs Janice Potter, Practice Manager,  
2 Goldington Road, Bedford, MK40 3NG

*Closing date: 5 February 2010*

### Penning's Accident repair centre

Leighton buzzard  
Have the following vacancy's  
A fitter/stripper  
And  
A Panel beater / fitter and stripper  
£35 - £40k per annum  
Minimum 5 years experience required  
First class working environment

**Contact Matthew Penning on: 01525 377727  
Or email matthew.penning@pennings.co.uk**

### OFFICE CLEANER

required at Tilbrook  
Milton Keynes, Mon-Fri  
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Please telephone 01908  
508757 and leave your  
details

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### ROBERT BRUCE MIDDLE SCHOOL

Bedford Road, Kempston, Bedford MK42 8PU  
Headteacher: Mike Short BA(Hons), M.Ed. NPQH  
Telephone: 01234 301222 Fax: 01234 302666  
email: stlmoore@brf.md.e2bn.net

### Teacher of General Subjects Year 5

**Pay Scale: MPS Required from April 2010.**

We are looking for a gifted and enthusiastic teacher of General Subjects. You should be committed to obtaining the highest possible standards for all pupils in General Subjects and will have proven experience with pupils in this age range.

The Year 5 area is well resourced and enjoys a high profile across the school. Career development opportunities are excellent.

Robert Bruce Middle School is a lively and thriving, multi-cultural middle school with friendly, supportive staff.

If successful you will join a hard working and dedicated team.

Visits to the school are encouraged and welcome.

**Closing date: Friday 5th February 2010**

**Interviews: Friday 12th February 2010**

Application forms and further details are available by contacting Mrs. L. Moore, Headteacher's P.A. at the school or by downloading an application form from the school website. Informal visits welcome.

Robert Bruce School is committed to the protection and safety of children and young people.

**www.robertbruce.org.uk**

**Rapid Response Nursing Agency** requires Health Care Assistants. No experience necessary. Tel 01582 562994

**Secretarial** - Get the skills you need for a Medical or Legal Secretary role 01908 888 627

**Accountancy** - Learn Book-keeping and Sage, P/T or F/T - 01908 888 627

## MKNEWS

### Social Care Solutions

**Home Care Assistants Bedford/Luton Milton Keynes**

Competitive pay and mileage.  
Full training to NVQ2.  
Drivers and own transport essential.

**Call Lisa on  
01480 223650**

# Working\* together to achieve success.

Bedford College is a growing and highly successful provider of further, adult and higher education, with 15,000 students from over 100 nationalities, 600 staff and excellent financial health. Recognised as 'outstanding' by Ofsted and rated five star by the European Foundation for Quality Management (EFQM), there has never been a more exciting time to join us as we strive to become a world-class centre for qualifications, skills and training.

**Lecturers**  
£20,200 - £35,500 pa pro rata  
(qualified teachers minimum £24,000 pa pro rata)

- Computing
- English (Access)

**Instructor - Animal Care**  
(based at Shuttleworth College)  
£20,200 - £26,600 pa pro rata

**Learning Technologies Adviser**  
£20,200 - £26,600 pa pro rata

Bedford College offers a final salary pension scheme, generous holiday entitlement and financially supported continuous professional development opportunities. For further information on these positions and to find out about working at Bedford College, visit [www.workingtogetherjobs.co.uk](http://www.workingtogetherjobs.co.uk) (Website is available from 25 January 2010)

**Online Marketing Coordinator**  
£18,500 - £22,500 pa pro rata  
with career progression opportunities up to £26,600

**Graduate - Web Content Assistant**  
£5.80 per hour - temporary for up to 1 year

**Closing date: 8 February 2010**

"Through the staff development programme I was able to achieve my ambition of becoming a fully qualified teacher."

**Jenny Rea**  
Lecturer,  
Key Skills



\* for our students \* for each other \* for you





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[www.jobsnow.co.uk](http://www.jobsnow.co.uk)

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 Tel: 01908 242490 Email: [advertising@mknews.co.uk](mailto:advertising@mknews.co.uk)
[www.luton.gov.uk/jobs](http://www.luton.gov.uk/jobs)

### Electrical Maintenance Engineer

£28,636 - £30,851 pa

Plus essential car user allowance and up to £3,500 R&amp;R

You will monitor the condition of electrical services to the Council's non-housing operational buildings, ensuring that responsive and emergency repairs are dealt with efficiently and promptly so that Council's properties are fit and safe to use. Duties will include providing technical and legislative advice to building managers and senior staff.

Substantial experience in the inspection and maintenance of electrical services and specialist equipment and making associated professional judgements is essential and you need a relevant qualification in electrical engineering with evidence of on-going training and/or equivalent verifiable work based experience.

Apply now online at [www.luton.gov.uk/jobs](http://www.luton.gov.uk/jobs) if you experience problems applying online, please call (01582) 546621.

Closing date: 10 February 2010.

Ref: 10/0037

The Council is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all staff to share this commitment.



We value equality because quality services need the best people - from the whole community.

# LUTON

BOROUGH COUNCIL

### Sales Engineer

Based in our Bedford Office, and with customer site visits for our [www.bernardactuators.co.uk](http://www.bernardactuators.co.uk) range of products.

Apply with CV and current salary to: Zoedale Plc, Priory Business Park, Stannard Way, Bedford, MK44 3WG [recruitment@zoedale.co.uk](mailto:recruitment@zoedale.co.uk)

**Classic Restorations Ltd**  
Bedfordshire's leading Classic Car specialists  
Due to expansion require the following

• STEEL FABRICATOR

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(Capable of working with aluminium)  
Part or full time

**01525 288481**

E-Mail [v8mga@aol.com](mailto:v8mga@aol.com)

 East of England Ambulance Service **NHS**  
NHS Trust

### Executive PA to Chair and Chief Executive

Ref: 247-SSB804

£24,831 - £33,436 p.a. (AfC Band 6) Full Time - 37.5 hrs p.w.

Based in Bedford initially with required move to new Headquarters in Cambourne, Cambridgeshire (Summer 2010)

Having a committed, enthusiastic and innovative Executive Administration team has never been more important. In order to support the Chair, Chief Executive, Trust Secretary and Executive Directors, the Trust is looking to recruit a new corporate Executive Administration Team.

The Executive PA to the Chair and Chief Executive will provide high level expertise in administrative, secretarial and office management to support the Trust's Chair and Chief Executive in a way that is responsive to their needs and contributes to the effectiveness of their roles.

The successful applicant will be educated to degree level or have equivalent level of experience in administrative roles leading to sound knowledge of administrative procedures and office management practice. Applicants should hold a RSA III or equivalent qualification leading to development of fast and accurate touch and audio typing.

The Executive Administration Team will form a professional yet friendly face of the Trust to its wide range of internal and external stakeholders.

If you are keen to join us and make a difference to the lives of the citizens of the East of England through your enthusiasm, hard work and dedication to the Executive Team please apply on line at [www.jobs.nhs.uk](http://www.jobs.nhs.uk) quoting the above reference number.

If you have a disability and wish to send in an alternative format of the application form please contact the HR department on 01234 408999.

Closing date for applications: Sunday 7 February 2010

We aim to represent and value the diversity of our local communities through our workforce and service provision. We therefore positively encourage applications, regardless of age, race, religion or belief, gender, sexual orientation or disability.



Inspiring Local Giving for Local Needs

Do you want an opportunity to work for a successful and dynamic organisation that -

• makes a difference to the lives of local people?

• improves the quality of life for the local community?

Milton Keynes Community Foundation is a highly successful, local independent charity. The Foundation develops local philanthropy and raises money for its growing grant making programme from a wide range of fund development activities. The following exciting and pivotal role within the Foundation has arisen for an individual with exceptional interpersonal skills, charisma, energy, and empathy towards community needs. The post requires an individual who is highly organised and efficient with good IT skills.

#### Development Manager

Salary Range: £22,000 - £25,000

(This includes an additional 5% towards pension contribution, following completion of 6 month probationary period)

Reporting to the Director of Development, the key objectives for the Development Manager will be to inspire and recruit new donors, provide a high level of donor care and encourage existing donors to increase their involvement with the Foundation. You will be responsible for meeting financial targets, arranging donor activities and an annual programme of events.

If you would like to work in a friendly, professional environment, please contact Gill Wright on 01908 304432, for an information pack and application form. (NOTE: CVs will not be accepted).

Closing date is 12 noon Monday 01 February with interviews on 09 February 2010.

Strictly No Agencies.

Charity reg. no. 295107

Members of



Developing Potential

### EMPLOYED & UNEMPLOYED APPRENTICESHIPS AVAILABLE NOW!

Join Bedford Training Group on a work based training programme and learn a professional skill with our unique blend of employment and training.

The following companies currently have vacancies waiting for applicants.

London Electronics | Cobham Aerospace | Addmore Engineering Ltd

The training will include a period of off the job training at one of our training centres in Kempston, Leighton Buzzard or Bedford, followed by a work based training programme within the employer's company, leading towards an NVQ and Apprenticeship certificate.

We have vacancies for unemployed apprentices as well as E2E and Foundation Learning programmes which will include EMA payments if you are eligible.

Opportunities are available in:

- Mechanical Engineering
- Sheet Metal/Fabrication
- Engineering Maintenance
- Electrical Engineering
- Electronics Engineering
- Construction Trades
- Brickwork (Diploma)
- Carpentry
- Motor Vehicle Trades: Body & Paint, Mechanics, Electrical

#### Open Day

Feb 13th 10am - 4pm

Come and see what we are all about!

Featuring guest exhibitors



Bedford Training Group offers a unique blend of employment and training and also operates an Equal Opportunities Policy and welcomes applications from all genders and ethnicities.

Reg. Charity 1117525

 Contact us on **01234 843804** for an application form.

Ref: OPN001



At Milton Keynes, we're supporting the growth of our vibrant city while continuing to deliver excellent services. It's an exciting place to be and we're keen to get the balance right - including the work-life balance. So if you're looking for family friendly benefits and the chance to make a difference, make a move to MKC.



### Team Manager - Learning Disability and Mental Health, Joint Learning Disability Service

£37,206 - £42,786 (MKC)

Ref: 50016495/MKN

£37,996 - £45,596 (PCT Band 8A)

Ready to establish yourself as a leader within the learning disability field, you will actively manage a highly successful, person centred service that helped over 600 people last year. The key focus will be on people with learning disabilities and mental health issues and your role will include responsibility for a small step down unit and management of a multidisciplinary community team.

With a relevant professional qualification, you will have a proven track record in the field of learning disabilities and mental health. Experience of managing staff or projects will be essential. In addition, you will be skilled in joint working with other agencies and identifying opportunities to enhance service delivery.

We can promise you excellent training and development opportunities to maximise your skills profile and the appointment can be made on MKC or PCT terms and conditions.

For informal enquiries please contact Maurica Legg on 01908 253042.

Closing date: 17 February 2010.

Interview date: 1 March 2010.

### Maths Teacher (with possible Teaching and Learning Responsibilities)

TPS + 2SEN + possible TLR

Ref: 50016432/MKN

South PEC, Manor Road Centre

To start April 2010

Based at a Centre catering for secondary school students with challenging behaviour, you will develop the Maths curriculum, as well as undertake a pastoral role and contribute to other teaching. Your track record will include teaching Maths to KS3/KS4 students and ideally experience within a special school/PRU setting.

This post is subject to safer recruitment practices.

For informal enquiries, please contact Helen Isaac on 01908 368268.

Closing date: 11 February 2010.

Interview dates: 24 &amp; 25 February 2010.

### Social Work Assistant, Young Peoples Service

£20,858 - £25,472

Ref: 50012989/MKN

Your role will involve managing your own cases and assessing the needs of children, young people and families, you will also have the opportunity to co-work more complex safeguarding work. You will be working in partnership with other agencies and key professionals. To undertake this role you will need to have relevant experience of working with children. There are excellent training opportunities and offered regular supervision.

This post is subject to safer recruitment practices.

For informal enquiries, please contact Kate Bowden on 01908 253560 or Pauline Courcoux on 01908 254988.

Closing date: 12 February 2010.

Interview dates: 25 &amp; 26 February 2010.

### Bereavement Services Assistant (Clerical)

£15,725 - £18,453

Ref: 50010235/MKN

You will provide general clerical administrative support to the crematorium office and particularly in relation to cremation and burial paperwork, as well as cover as relief chapel attendant as required. With a relevant secretarial qualification, clerical training and an interest or experience in bereavement care, you will be well organised with good IT and interpersonal skills.

For informal enquiries, please contact Angela Abbott on 01908 254829 or 568112.

Closing date: 12 February 2010.

For an application form, email: [jobs@milton-keynes.gov.uk](mailto:jobs@milton-keynes.gov.uk) or call us on 01908 253344 or 253462 (24 hour answerphone). If you have a hearing impairment and have access to Minicom please phone 01908 252727 (office hours only). Please quote appropriate reference. Salaries will normally start at the first point of the grade. We are unable to accept CVs, unless accompanied by a completed application form.



It's ability, not disability that counts

To apply online visit: [www.theplacetobe.info](http://www.theplacetobe.info)

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[www.jobsnow.co.uk](http://www.jobsnow.co.uk)



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## HUNDREDS OF NEW VACANCIES EVERY WEEK

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Would you like to work with young people, helping them make a real difference to their lives?

### Connexions Personal Advisers

We have the following vacancies for fully qualified (with NVQ4 Advice and Guidance) or trainee Personal Advisers:

- Targeted PAs based in various community settings in Milton Keynes and working intensively to engage 16-19 year olds and help them get into Education, Training or work (quote ref MK1)
- A PA working specifically with Young Carers – an identified vulnerable group in Milton Keynes (quote ref MK2)
- A PA working with Special Needs young people in a variety of settings including Special Schools (quote ref MK3)

Applicants must be enthusiastic about working with young people and have the skills and commitment required to help them improve their lives. You could either be a trainee with the ability to do a qualification at NVQ level 4 or be fully qualified with the NVQ4 Advice and Guidance, LDSS or equivalent.

### PA (Diploma Marketing)

Part time – 20 hours a week, term time only.

Fixed Term for 12 months. (Quote ref MK4)

Working closely with the local authority and schools in Milton Keynes, you will promote diploma courses and other 14-19 pathways to pupils, their parents, employers and the broader community. You will prepare and deliver workshops, design promotional literature and organise events to promote the courses.

You would need a knowledge of education pathways for young people and have excellent negotiation skills. You would have a relevant qualification such as NVQ4 Advice & Guidance or Teaching.

Applicants for all posts must have good verbal and written skills, be familiar with IT and able to travel around Milton Keynes. You should also be enthusiastic about improving services to young people aged 13-19.

### Salary Range:

Qualified PAs (NVQ4 or equivalent): £21,479 - £27,153

Trainee PAs: £15,820 - £20,067

Prospects provides Connexions Services on behalf of Milton Keynes Council. The service provides advice, guidance and support for 13-19 (24 with Special Needs) year olds in Milton Keynes, helping young people make a smooth transition to adulthood and working life.

The posts require a commitment to safeguarding and promoting the welfare of children and as such successful applicants will be subject to an enhanced CRB Disclosure.

For further details and an application pack, please go to the vacancies section of the Prospects website [www.prospects.co.uk](http://www.prospects.co.uk) where you will find job descriptions and application forms that can be downloaded.

Closing date for completed applications is Friday 12th February 2010.

Interviews will take place wc 22nd February or wc 1st March 2010.

[www.mysaymk.com](http://www.mysaymk.com)

connexions  
CONNECTIONS-MK



CAN is an established and thriving agency, providing a range of drug, alcohol and homelessness services throughout Northamptonshire and Bedfordshire.

### Drug and Alcohol Workers Northamptonshire

Salary: £19,621 - £23,708 pa (unqualified) £21,519 - £27,052 pa (qualified)  
Annual Leave: 24 days + Statutory days Pension: 5% contributory pension scheme  
Hours: 37 per week Job Ref: DAW/N/0110

CAN require Drug & Alcohol Workers to work across locations in Northamptonshire. Working as part of a team you will provide advice, information, assessments and interventions to people who experience difficulties with alcohol and/or drugs. You will have excellent communication skills and a commitment to achieving positive outcomes for substance users.

CLOSING DATE for returned applications midday, 11 Feb 2010

To request an Application Pack please visit our website [www.can.org.uk](http://www.can.org.uk), e mail recruitment@can.org.uk, fax 01604 635679, or write to the Administrator, Denmark House, 8 Billing Road, Northampton, NN1 5AW, giving your full name and address and quoting the job reference.

Equal opportunities matter at CAN



Are you up for the Challenge?

### TEAM LEADER - PRINCE'S TRUST TEAM PROGRAMME

Salary: £20,885 per annum (YMCA salary scale G)

We are seeking to recruit a dynamic and committed Team Leader to deliver Prince's Trust Team. The Team Programme is a twelve week personal development programme for young people aged between 16 and 25 years old.

The programme is designed to develop better interpersonal skills and motivational skills for team members. Team members work towards gaining a City & Guilds Level 1 qualification in Team Work, Personal and Community Skills.

- You will provide leadership to the team, ensuring quality and services standards for all our users are of the highest standards at all times
- The successful candidate will be expected to complete the Prince's Trust team leader training and ideally you will have a Youth Work qualification

Any appointment will be subject to suitable references and CRB checks. The YMCA is committed to Equal Opportunities.

Application packs are available from: Dina Browne, Weaver House, 20 Gibbons Road, Bedford MK40 1DQ. Telephone 01234 307040 Email: [ymcabedfordshire@ntlbusiness.com](mailto:ymcabedfordshire@ntlbusiness.com)

Closing date: 12pm noon Monday 8th February 2010.

Interviews: Tuesday 16th February 2010.



YMCA Bedfordshire is a Company Limited by Guarantee. Registered in England & Wales No: 02337961. Charity No: 801035. YMCA BEDFORDSHIRE is licensed by The Prince's Trust to deliver as an independent service provider the Prince's Trust Team Programme

### COFFEE HALL OUT OF SCHOOL PROJECT

#### Require a Part time Play Worker/ Minibus Driver

to join this small and friendly team.

Working 16hrs per week, Tuesday - Friday, 2pm - 6pm, additional hours may be available throughout the school holiday periods. Your key responsibilities will be providing quality after school care to children aged 4 - 14 and driving the projects minibus to and from the local schools each afternoon.

Relevant childcare experience an advantage although training is available.

You will be aged 21 or over, hold a D1 driving licence entitlement and must be prepared to undergo a Criminal Records Bureau check.

For further information or to request an application form please contact Laura Clarke on 01908 660454.

Closing date for applications is Wednesday 17th February with interviews taking place on Wednesday 24th February.

For local news that counts

[www.mk-news.co.uk](http://www.mk-news.co.uk)



### MILTON KEYNES MUSIC SERVICE

Requires

#### Supply Teachers/Instructors

All Instruments And Vocal, Plus Teachers Who Have Experience Of Teaching Music In Early Years, Key Stages 1 Or 2. (Hourly-paid)

Salary on teachers pay and conditions according to experience and qualifications

We are looking to recruit a number of staff to join our supply panel. If selected you may be required to teach groups, individuals and ensembles in primary and secondary schools. There may be some Saturday work at our Music Centre.

The successful applicant must be able to transport themselves around Milton Keynes.

Requests for application packs should be e-mailed to [music@milton-keynes.gov.uk](mailto:music@milton-keynes.gov.uk).

Closing Date for Applications: By Friday 26 February (office closed for half-term from 15 February to 19 February).

Interviews: To be arranged.

The Music Service is committed to the council safe recruitment policy

Milton Keynes Music Service  
Simpson Road  
Simpson  
Milton Keynes  
MK6 3AF

Tel. 0845 200 0096 - Fax. 0845 200 0097  
E-mail: [music@milton-keynes.gov.uk](mailto:music@milton-keynes.gov.uk)

## Recruitment Agency Listing



**Social Workers & Nursery Nurses**

Specialist Recruiters  
Tel: 01908 608090  
email  
[jenna@dandp.uk.com](mailto:jenna@dandp.uk.com)



**HR Recruitment Specialists**

Tel: 01908 608090  
email  
[jackie@dandp.uk.com](mailto:jackie@dandp.uk.com)



**Administrators, Secretary & Customer Service**

Tel: 01908 608090  
email  
[judith@dandp.uk.com](mailto:judith@dandp.uk.com)



**Drivers HGV 1 HGV 11 7 1/2 Tonne Mates**

Tel: 01908 60 80 90  
email  
[callie@dandp.uk.com](mailto:callie@dandp.uk.com)

**SIMPLY** the way forward...  
...for teachers who are looking for a bigger choice of jobs in a wider variety of schools. Whether you're an NQT or a teacher with QTS, register with Simply Education. Call 01234 216199 or log on to [www.simplyeducation.co.uk](http://www.simplyeducation.co.uk)

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Children, education and families  
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Fax: 01908 355999

2nd Floor  
Matrix House  
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Milton Keynes  
MK9 1NJ  
[miltonkeynes@pagepersonnel.co.uk](mailto:miltonkeynes@pagepersonnel.co.uk)

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MKWeb is one of the many success stories of Milton Keynes.

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**MKNEWS**

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Email: [advertising@mk-news.co.uk](mailto:advertising@mk-news.co.uk) [www.mk-news.co.uk](http://www.mk-news.co.uk)



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R.Goodship Ltd Electrical Contractors  
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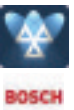
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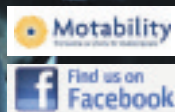
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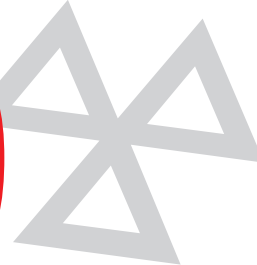
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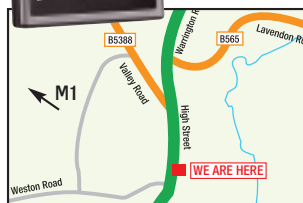
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## FIXTURES

# 2009-10

DONS' SCORE FIRST

### August

|                 |     |     |
|-----------------|-----|-----|
| 08 Hartlepool   | (H) | 0-0 |
| 11 Swindon (CC) | (H) | 1-4 |
| 15 Swindon      | (A) | 0-0 |
| 18 Tranmere     | (A) | 1-0 |
| 22 Colchester   | (H) | 2-1 |
| 29 Exeter       | (A) | 2-1 |

### September

|                   |     |     |
|-------------------|-----|-----|
| 02 Dagenham       |     |     |
| & Redbridge (JPT) | (H) | 3-1 |
| 05 Huddersfield   | (H) | 2-3 |
| 14 Norwich        | (H) | 2-1 |
| 19 Wycombe        | (A) | 1-0 |
| 26 Leeds          | (H) | 0-1 |
| 29 Oldham         | (A) | 1-2 |

### October

|                   |     |     |
|-------------------|-----|-----|
| 03 Brighton       | (A) | 1-0 |
| 06 Southend (JPT) | (H) | 2-0 |
| 10 Walsall        | (H) | 1-0 |
| 17 Gillingham     | (H) | 2-0 |
| 24 Southampton    | (A) | 1-3 |
| 31 Bristol Rovers | (H) | 2-1 |

### November

|                          |     |     |
|--------------------------|-----|-----|
| 07 Macclesfield (FA Cup) | (H) | 1-0 |
| 10 Northampton (JPT)     | (H) | 3-1 |
| 14 Charlton              | (A) | 1-5 |
| 20 Southend              | (A) | 1-2 |
| 24 Carlisle              | (H) | 3-4 |
| 28 Exeter (FA Cup)       | (H) | 4-3 |

### December

|                   |     |     |
|-------------------|-----|-----|
| 01 Millwall       | (A) | 2-3 |
| 05 Yeovil         | (H) | 2-2 |
| 12 Leyton Orient  | (A) | 2-1 |
| 15 Hereford (JPT) | (A) | 4-1 |
| 19 Brentford      | (H) | 0-1 |
| 26 Stockport      | (H) | 4-1 |
| 28 Huddersfield   | (A) | 0-1 |

### January

|                     |     |     |
|---------------------|-----|-----|
| 02 Burnley (FA Cup) | (H) | 1-2 |
| 16 Hartlepool       | (A) | 5-0 |
| 20 Soton (JPT)      | (H) | 0-1 |
| 23 Tranmere         | (H) | 1-0 |
| 26 Colchester       | (A) | 0-2 |
| 30 Exeter           | (H) |     |

### February

|                |     |  |
|----------------|-----|--|
| 06 Stockport   | (A) |  |
| 09 Soton (JPT) | (A) |  |
| 13 Carlisle    | (A) |  |
| 20 Southend    | (H) |  |
| 23 Millwall    | (H) |  |
| 27 Yeovil      | (A) |  |

### March

|                  |     |  |
|------------------|-----|--|
| 06 Leyton Orient | (H) |  |
| 09 Swindon T     | (H) |  |
| 13 Brentford     | (A) |  |
| 20 Southampton   | (H) |  |
| 27 Gillingham    | (A) |  |

### April

|                   |     |  |
|-------------------|-----|--|
| 03 Charlton       | (H) |  |
| 05 Bristol Rovers | (A) |  |
| 10 Norwich        | (A) |  |
| 13 Oldham         | (H) |  |
| 17 Wycombe        | (H) |  |
| 24 Leeds          | (A) |  |

### May

|             |     |  |
|-------------|-----|--|
| 01 Brighton | (H) |  |
| 08 Walsall  | (A) |  |

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## Tie is still alive says Robinson

**MK DONS 0 SOUTHAMPTON 1**

Antonio 26

MK Dons assistant manager Karl Robinson has warned Southampton the Johnstone's Paint Trophy is still up for grabs, despite the Dons losing 1-0 in the first leg of the southern area final.

Michail Antonio's first half volley gave the Saints a one goal advantage to take back to St Mary's for the second-leg on February 9. But Robinson insists the tie is still open, and has told the Dons players to use Southampton's celebrations at stadiummk last week as a 'massive' motivational point.

He said: "The first half we weren't on our game but second-half we were. We don't need to fear anyone, we're a good side and we're a side going forward - we'll make sure we'll go down there and give our fans something to shout about.

"The cup tie's still alive, trust me it's still alive. The way they celebrated at the end of that game, we told our players to have a look.

"This game's not over and some of their players acted like it was game over - it's far from over."

Dons were up against it from kick-off against Alan Pardew's side with Antonio given far too much freedom on the right hand side and the Saints bossed the mid-field.

Robinson admitted the Dons were below-par in the opening 45 minutes but feels the team can draw strengths from the second half performance.

## Don't play like Brazil says Ince

**MK DONS 1 TRANMERE ROVERS 0**

Puncheon 6

PAUL Ince gave his players a rollicking for trying to play like Brazil during their 1-0 win over Tranmere Rovers at the weekend.

The MK Dons boss, although happy to see his side take three points from relegation-threatened Rovers, felt they made the victory hard work for themselves.

Jason Puncheon scored the only goal of the game in the sixth minute with a terrific volley that sent the impressive Andros Townsend's cross flying past Rovers' Luke Daniels.

With 84 minutes left to play the Dons should have been eyeing up their second successive 5-0 league win, yet instead they eased off the pace allowing Tranmere to create chance of their own including a spectacular attempt at goal by Zoumana Bakayogo which kept Willy Gueret on his toes.

Ince said: "I had a go at the lads at half-time because I thought once we got the first goal we should have made it easier for ourselves. All of a sudden we thought we were Brazil and started disrespecting Tranmere.

"We started making silly touches, and not going with runners, not make tackles and not compete and I was livid at half-time because with the week we've had we could have made the game so easy for ourselves and all the lads but we just thought we'd score one goal and that's it job done, took our foot off the pedal. I'm not saying we're always going to play well but you've got to compete especially with teams like Tranmere who are fighting for their lives."

Dons banged on the door for a second after the break with Townsend, on his full debut, having chances but none could find their way past Daniels, and luckily for the Dons the one goal proved enough.



Michail Antonio fires in Southampton's goal in the first half of the first leg of the Johnstone's Paint Trophy tie



Dons players celebrate Jason Puncheon's (centre) early first-half goal that proved to be the winner against Tranmere

## VIEW FROM THE MOOCAMP

■ KICK-OFF for the Dons' JPT southern area final second-leg on Tuesday, February 9 will now be at 7.45pm.

■ MK Dons have admitted a charge by the FA for failure to ensure players conducted themselves in an orderly fashion and/or refrained from provocative behaviour.

It relates to an incident during the December, 28, game against Huddersfield Town who have also admitted to the same charge.

Manager Paul Ince was handed a nominal fine by the FA after pleading guilty to a charge of improper conduct.

■ MK Dons Under-18s made it two wins on the bounce when they fought back to beat Watford 2-1.

Dons trailed their Hornet hosts at the break but an improved second-half performance saw them record only their second Premier Academy League win of the season.

■ SKIPPER Dean Lewington penned a new three-and-a-half year deal with MK Dons last week.

■ DONS Ladies were knocked out of the FA Women's Cup at the third round. Norwich City beat the Dons 5-3.

## COMING UP

**EXETER CITY**  
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TWO months ago these two sides met in the FA Cup and shared a five-goal thriller at stadiummk.

On that day the Dons were the victors, just like they were in the League One clash at St James' Park in August.

But Exeter, who sent shock waves through the league when they beat Leeds United two weeks ago, will be desperate not to record a hat-trick of defeats to the Dons in one season.

The Grecians have been dealt a blow after centre-back Troy Archibald-Henville returned to Tottenham following a six month loan spell at St James' Park.

Paul Tisdale, backed by director of football Steve Perryman, will need his side's record on the road to improve if they are to stay away from the relegation fight - they have lost ten times away from home.



# Dons on the slide

## FROM BACK PAGE

Mark Carrington starting for the first time since August, Mark Randall and Luke Chadwick also returned as Peter Leven, Jason Puncheon and Jermaine Easter all dropped to the bench.

With a pitch battered by the recent cold snap the game was never going to be a spectacle for the small crowd gathered at the Community Stadium.

Instead it was a stereotypical League One physical battle, and just six minutes into the game Aaron Wilbraham was appealing for a penalty when he felt a U's defender had pushed him to the floor as he arrived in the area hoping to get on the end of Andros Townsend's delivery.

The Dons tried to get the ball on the floor and play their natural style which almost paid dividends when Randall played a terrific through ball for Wilbraham whose low shot fell wide.

Yet the U's straight forward approach, added by a mistake from Willy Gueret, allowed them to make the breakthrough on 18 minutes.

Dons keeper Gueret raced off his line to collect Marc Tierney's long throw into the box, but the ball slipped through the arms of the Frenchman and fell straight at the feet of Lisbie who took a step to the right before picking out the back of the net.

Three minutes later Gueret again failed to collect, this time a free-kick from the right, but recovered to smother the ball before Matt Heath could stab in a second.

The goal gave the home side the impetus with Lisbie in particular sneaking through the Dons defence to force a save from Gueret at his near post, and Mathias Doumbe made a telling challenge on the forward before he could test the goalie again.

Dons weren't overwhelmed by Colchester and continued to make some promising breaks of their own.

Some intricate passing between Randall and Wilbraham allowed Luke Chadwick into the penalty area only to scuff a shot that did little to trouble Williams.

However, it was enough to give Paul Ince, who was barking instruc-



Matthias Doumbe on the ball

tions from the touchline, plenty of encouragement. The Dons called upon the U's goalie early into the restart with Randall stinging Williams hands with a low drill.

But in the 53rd minute Dons hopes of finding an equaliser were dealt a huge blow when referee spotted Stirling pull Lisbie to the floor.

The defender was immediately shown his marching orders by the referee and the U's were awarded a penalty.

Lisbie stepped up hoping to double Aidy Boothroyd's teams lead, but Gueret dived to his right to deny the forward his spot-kick.

Dons continued searching for a leveller, only for Prutton to effectively end their chances of a point with a wonderful goal after just two minutes on the pitch.

Prutton, on his first appearance for the U's, was allowed too much room on the edge of the box to shuffle to his right and curl into the top corner.

Dons remained positive in their approach with Sam Baldock smashing a shot against the post, moments later the striker had his shirt pulled by Magnus Okuonghae as he tried to race on to Gleeson's through ball - but the referee did not spot the infringement.

David McCracken came close to grabbing a consolation for the Dons only to see his glancing header from eight-yards out rise inches over the bar.

**COLCHESTER UNITED:** Williams, Okuonghae, O'Toole, Izzet, Tierney, Ribeiro (White 44), Platt, Ifil (Prutton 65), Wordsworth, Lisbie (Gillespie 85), Heath. Booked: Prutton

**MK DONS:** Gueret, Woodards, Doumbe (Stirling 45), McCracken, Lewington (c), Randall (Puncheon 63), Chadwick (Baldock 71), Carrington, Gleeson, Townsend, Wilbraham. Booked: Randall, Gleeson, Lewington. Sent off: Stirling  
**Referee S Hooper, Wiltshire**  
Attendance 3,602



Barry Hollyhead holds firm as Manchester push forward

Pictures Jezz Tibbetts

# Lightning max out v Phoenix and Flames

## ICE HOCKEY

**MK Lightning are continuing to lead the way in the English Ice Hockey Premier League after scooping maximum points at the weekend.**

Lightning edged out Manchester Phoenix in a fiercely contested game and then edged out Guildford Flames the following day.

Lightning were given the best possible start against Manchester, who started the season as title favourites but have since dropped in to fourth place, when Monir Kalgoum broke the deadlock with just 27 seconds on the clock.

It was a blistering beginning for the home side, yet one that could not be continued as Manchester levelled the scores through Iain Bowie at 14.24.

There may have only been two goals in the first period but it was not through lack of effort or commitment as the penalty count reached nine after 20 minutes.

The ill discipline continued in the second period when Andre Payette was ejected from the game for roughing.

During that time Lukas Zatopek, Adam Carr and Adam Brittle all found the back of Phoenix's net to give Lightning a commanding 4-1 lead.

That did not stop Manchester in their quest for victor as Ed Courtenay clawed back a goal before the break and Stephen Wallace reduced Lightning's advantage to a single goal nine minutes into the final period.

Lightning's player-coach Nick Poole gave his side breathing space on 54.42 when he netted their fifth of the game only for Adam Walker to raise the ten-



Congrats: Lukas Zatopek hits the second with an assist from Adam Brittle

sion by another notch with a goal for Manchester a minutes later.

However, Lightning had the final say with Adam Carr grabbing the final goal of the match on 58.40 as Lightning won 6-4.

On Sunday goals from Joakim Wiklander, Brittle, Poole and Zatopek gave Lightning a 4-2 win away at Guildford.

Lightning remain four points clear of second placed Slough Jets.

■ **LIGHTNING** host Peterborough Phantoms in the Planet Ice Shield tomorrow (Thursday) face-off is at 7.30pm.

On Saturday they travel to Swindon Wildcats, face-off 5.45pm, and on Sunday they are back at Planet Ice facing Basingstoke Bison, face-off 5.30pm.

## BASKETBALL

# VINCE'S VIEW

Head coach and owner of MK Lions, Vince Macaulay writes for MK NEWS



IT'S been a while since we have been in meaningful action, but the good news is that the rest has enabled us to get strong again and to work on a few new things for the second half of the season. Looking at the League table we are in a great position and need to capitalise now in order to take a firm hold.

I see us playing at least eight games each in February and March. It all starts back when we travel to Everton on Friday.

We lost narrowly up there once this season but were not happy with our performance at all. Everton meanwhile have just recruited last season's Player

of the Year, Trey Moore to boost their ranks, so any chance of an easy ease back is out of the window.

Realistically we have a group here that will cause many problems for teams, our size, flexibility and speed will be more of a handful however what wins Championships is smarts and that is what we will need to bring in game in game out.

Last weekend I was able to catch some of the action of our Under 18s and Under 16s as they played in national Competition.

These youngsters are really doing Milton Keynes proud and they need to be supported.

We are all looking forward to Middleton Hall again for our second game there on the Tuesday, February 2.

If you are planning on coming down, do get your tickets early as they are selling very fast, much faster than at this time prior to our first game there.

■ **ON Friday** Lions travel to Everton Tigers, tip-off 7.30pm, on Tuesday they host Worcester Wolves at Middleton Hall, tip-off 7.30pm.

## RUGBY

# Easy for Bletchley... Olney thumpers... MK into fourth

## South West 1 East

**Bletchley 24**  
**Trowbridge 12**

BLETCHLEY returned to action with a comfortable 24-12 win over Trowbridge.

With only a few minutes on the clock a quick penalty to Bletchley saw outside centre George Harman cross for a try with his brother Phil converting.

Bletchley, who had not played since December, 12, continued to surprise with Phil Harman converting a drop goal before second row Adam Dempsey drove over to score, and the flyhalf added the extras.

The visitors did manage to post their own score just before half-time to make the score 17-5.

Shortly after the restart Bletchley maintained their pressure with flanker Jason Buckley diving over for

their third converted try of the afternoon. However, Trowbridge never gave up and a late try allowed them to narrow the final score to 24-12.

**Olney 50**  
**Wootton Bassett 0**

OLNEY recorded a thumping victory over rock bottom Wootton Bassett.

The home side ran in seven tries and James Hawken added 15 points with his boot.

Full back Raana Peakman opened the scoring after breezing past four players to score before Hawken added a penalty and a converted try of his own.

Another Hawken penalty and a try from winger Mike Durose gave Olney a comfortable 25-0 half-time lead.

Wootton Bassett tried to tighten their defence in the second half, but Olney continued to dominate.

Ian Bennett, James Hannah, Richard James all ran in tries before Durose ran the length of the pitch to cross the line for the final score.

## Southern Counties North

**Swindon 20**  
**Milton Keynes 48**

MILTON Keynes are up to fourth in the table following their win at Swindon.

MK recovered from conceding a try to score seven of their own - including three interceptions in the second half, Daniel Pearson bagged a hat-trick of tries while Dan Rolfe, Mike Dean and Rob Matthews also got their names on the score sheet.

Dean also converted three tries and Phil Powell kicked seven points.

Despite climbing the table MK are still 10 points behind leaders Witney.



# MKSPORT

Wednesday, January 27, 2010 | Issue no 386 | www.mk-news.co.uk | £1 where sold



Local rugby  
round-up –  
see page 67

## Dons slip down to eighth

**Colchester 2 MK Dons 0**

Lisbie 18, Prutton 67

BY SIMONE CORGAN

simone.corgan@mk-news.co.uk

**TEN** man MK Dons dropped to eighth in the League One table after losing 2-0 at promotion rivals Colchester United.

Kevin Lisbie took advantage of a goal-keeping error by Willy Gueret to give the U's the lead in the 18th minute.

But Gueret made amends for his mistake by saving Lisbie's second-half penalty which was rewarded for a foul by substitute Jude Stirling who was shown a straight red card after just seven minutes on the pitch.

Despite being a man down for over half-an-hour the Dons looked capable of grabbing a draw until David Prutton came off the bench to all but confirm the result.

The Dons, playing their fourth game in ten games, made three changes with

**TURN TO PAGE 83**

### LEAGUE ONE TABLE

|    |                | HOME |    |   |   |    |    | AWAY |   |    |    |    |     |    |     |
|----|----------------|------|----|---|---|----|----|------|---|----|----|----|-----|----|-----|
|    |                | P    | W  | D | L | F  | A  | P    | W | D  | L  | F  | A   | GD | PTS |
| 1  | Norwich        | 28   | 11 | 2 | 1 | 35 | 14 | 7    | 4 | 3  | 27 | 15 | 33  | 60 |     |
| 2  | Leeds United   | 26   | 9  | 4 | 0 | 26 | 8  | 8    | 2 | 3  | 20 | 11 | 27  | 57 |     |
| 3  | Charlton       | 27   | 9  | 4 | 1 | 30 | 16 | 6    | 5 | 2  | 20 | 14 | 20  | 54 |     |
| 4  | Colchester     | 26   | 10 | 1 | 2 | 22 | 13 | 4    | 6 | 3  | 19 | 13 | 15  | 49 |     |
| 5  | Swindon        | 25   | 8  | 4 | 1 | 22 | 12 | 5    | 4 | 3  | 16 | 18 | 8   | 47 |     |
| 6  | Millwall       | 27   | 9  | 4 | 1 | 25 | 10 | 2    | 6 | 5  | 14 | 19 | 10  | 43 |     |
| 7  | Huddersfield   | 25   | 10 | 4 | 0 | 36 | 9  | 2    | 2 | 7  | 12 | 20 | 19  | 42 |     |
| 8  | <b>MK Dons</b> | 27   | 7  | 2 | 4 | 21 | 15 | 6    | 1 | 7  | 18 | 20 | 4   | 42 |     |
| 9  | Bristol Rovers | 25   | 8  | 1 | 3 | 18 | 12 | 4    | 1 | 8  | 16 | 24 | -2  | 38 |     |
| 10 | Brentford      | 27   | 5  | 7 | 2 | 19 | 15 | 3    | 3 | 7  | 7  | 14 | -3  | 34 |     |
| 11 | Carlisle       | 25   | 5  | 2 | 5 | 14 | 13 | 3    | 6 | 4  | 18 | 22 | -3  | 32 |     |
| 12 | Walsall        | 24   | 4  | 5 | 4 | 21 | 17 | 4    | 2 | 5  | 13 | 16 | 1   | 31 |     |
| 13 | Yeovil         | 27   | 6  | 5 | 2 | 26 | 17 | 1    | 5 | 8  | 10 | 23 | -4  | 31 |     |
| 14 | Hartlepool     | 28   | 5  | 4 | 5 | 15 | 18 | 3    | 3 | 8  | 19 | 25 | -9  | 31 |     |
| 15 | Southampton    | 26   | 6  | 4 | 2 | 23 | 13 | 4    | 6 | 4  | 21 | 18 | 13  | 30 |     |
| 16 | Southend       | 27   | 5  | 4 | 4 | 16 | 16 | 3    | 2 | 9  | 14 | 21 | -7  | 30 |     |
| 17 | Leyton Orient  | 26   | 5  | 3 | 5 | 19 | 17 | 3    | 3 | 7  | 12 | 24 | -10 | 30 |     |
| 18 | Exeter         | 28   | 5  | 6 | 3 | 20 | 14 | 2    | 2 | 10 | 12 | 29 | -11 | 29 |     |
| 19 | Gillingham     | 27   | 7  | 4 | 2 | 20 | 7  | 0    | 3 | 11 | 11 | 31 | -7  | 28 |     |
| 20 | Brighton       | 26   | 2  | 2 | 8 | 11 | 21 | 5    | 5 | 4  | 22 | 24 | -12 | 28 |     |
| 21 | Oldham         | 25   | 3  | 5 | 5 | 11 | 15 | 3    | 3 | 6  | 9  | 15 | -10 | 26 |     |
| 22 | Tranmere       | 26   | 6  | 2 | 5 | 17 | 18 | 1    | 2 | 10 | 6  | 27 | -22 | 25 |     |
| 23 | Wycombe        | 28   | 3  | 3 | 8 | 14 | 21 | 1    | 5 | 8  | 13 | 29 | -23 | 20 |     |
| 24 | Stockport      | 26   | 1  | 3 | 9 | 12 | 28 | 2    | 4 | 7  | 10 | 21 | -27 | 16 |     |



Mark Tierney whips the ball away from Aaron Wilbraham as Andros Townsend looks on

MK DONS

## The Grecians visit stadiummk!

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MKNEWS



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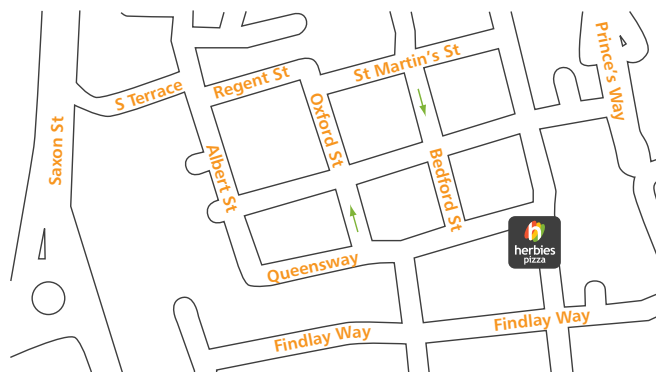
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